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'I'M NOT ME ANYMORE'

Halifax woman opens up about how
being raped has changed her forever

metroNEWS



JEFF HARPER/METRO

IMMIGRATION

**'Eager to
welcome'
refugees**



**Zane
Woodford**
Metro | Halifax

The exact number of refugees coming to Nova Scotia and when they'll be here is still unknown, but the government says 20 to 30 families will be coming to the province.

At a news conference Wednesday, Immigration Minister Lena Diab responded to the federal government's plan to bring in 10,000 refugees by the end of 2015, not 25,000 as promised before.

"Nova Scotia is ready to do its part and we are eager to welcome, and settle and retain the refugees," Diab said Wednesday.

Immigrant Services Association of Nova Scotia (ISANS) director Gerry Mills said it's still unclear at what stage of the resettlement process the 20-30 refugees would end up in Nova Scotia. Mills said about half of those will be in the Halifax area.

More coverage, page 10



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H&M



Mooseheads try balancing act

SPORTS

Junior hockey players add monthly yoga to game plan

Kristen Lipscombe
Metro | Halifax

A fast-footed forward slowing down to stand like a tree, a star goaltender stepping out of his crease and stretching into a pigeon, and a full roster of rough, tough hockey guys doing downward facing dog in unison?

These may not be the positions fans usually see the Halifax Mooseheads playing, but the municipality's major junior boys took to their yoga mats Wednesday evening to do some bending and twisting as part of their dryland



Jolene d'Entremont of YOGA ON in Halifax, with a Mooseheads player. JEFF HARPER/METRO

training.

"Come into a standing hip stretch," instructor Jolene d'Entremont, owner of Halifax-based YOGA ON, told the room full of young athletes at the Halifax Forum, one of the venues where the travelling teacher often holds classes for local hockey teams.

"Butt back, chest up — you've got it; this looks good," d'Entremont said with a friendly grin, weaving through the mats to adjust individual players into the right pose, or perhaps just give them an encouraging pat on the back.

"Watch the front row, Timo," she instructed the Halifax Mooseheads captain, prompting a few chuckles from his teammates, who despite the usual friendly, locker-room teasing, also helped each other out as they struggled to bend into the right shape or teetered a little off balance.

Meier, 19, moved to Halifax from his hometown of Herisau, Switzerland, about two and a half years ago, to improve his on-ice skills in the Quebec Major Junior Hockey League.

He hadn't exactly imagined ever trying yoga, but it's become a regular part of the routine for Meier and the Mooseheads, who started incorporating sessions into their off-ice schedule last season, with yoga penciled in about once monthly with registered instructor d'Entremont.

"I didn't even know it exists," Meier joked after class Wednesday.

"You could probably see that, too, when you looked at



Members of the Halifax Mooseheads get into their poses at the Halifax Forum on Wednesday. JEFF HARPER/METRO

They can let go of their competitive sides.
Jolene d'Entremont

me doing yoga; you could tell."

But in all seriousness, Meier said he likes yoga a lot now, and the San Jose Sharks prospect even started doing it on his own over the summer, with his personal training coach and his coach's wife,

who is a yoga instructor herself.

"We're always under a lot of pressure playing hockey, and always working out hard," said the third-year Herd winger, who was drafted ninth overall at the 2015 NHL Entry Draft.

"It's good to, once and awhile, just relax and ... do some good stretches," Meier said.

"I see the difference in the way I can play," he added. "Being more flexible helps on the ice."

+ YOGI PEDIGREE

For Jolene d'Entremont, teaching hockey players yoga came naturally.

She started with her own son's team, the Halifax Hawks, and has since moved up to the Quebec Major Junior Hockey League's Halifax Mooseheads and Atlantic University Sport's Dalhousie Tigers men's hockey,

finding a growing niche in a sport that hasn't traditionally turned to yoga for training.

Local NHLers like Andrew McDonald and Liam O'Brien have turned to d'Entremont and other yogis.

More teams and individual players are stepping off the ice and onto the mat, especially within the past five years, d'Entremont said.

"Now, basically all NHL teams have yoga as part of their off-ice training," she said. "Finding more balance, is what has changed."

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Living 'on auto-pilot': Rape victim shares pain

CRIME

Eight months after attack, 'Jennifer' still struggling

Haley Ryan
Metro | Halifax

Jennifer sometimes makes it to the bottom of the stairs, but can't go another step.

She may sit in the car unable to back out of the driveway, or lie in bed feeling paralyzed.

Eight months after Jennifer says she was raped in her Halifax-area apartment, she feels lost as she struggles with depression, finding a job and a new place to live less than a month from Christmas.

"I'm not me any more, and so I have to try to figure out who I am," Jennifer explained Wednesday, her legs curled under her on a couch as she pressed a tissue to eyes swollen with crying.

Jennifer is a pseudonym Metro Halifax chose for the

woman in order to protect her identity.

When Jennifer picked up a copy of the Metro last week to see the mother of a 19-year-old alleged rape victim speaking out, she said her first thought was the girl had "no idea" what she's about to go through.

Pointing to the foyer near her stairs, Jennifer said that's where a man she thought was a friend threw her on the ground.

Jennifer said she remembers staring at the microwave, watching 33 minutes tick by.

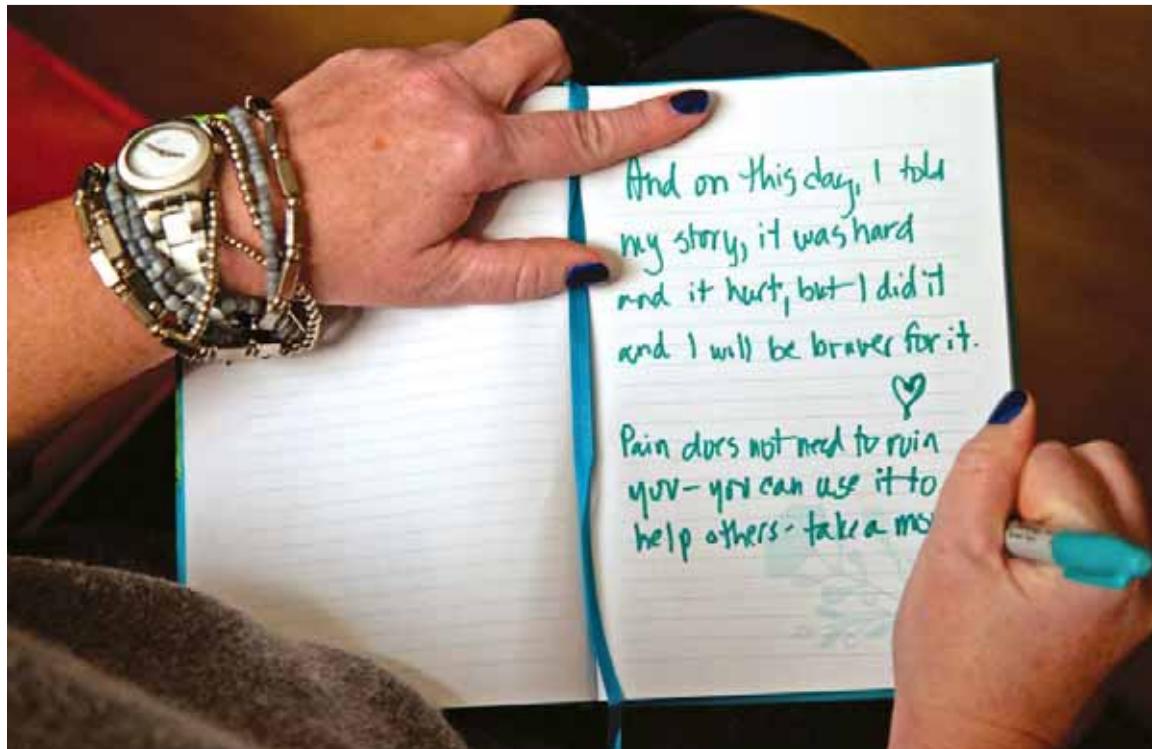
When she got up hours later, Jennifer said she called the Avalon Sexual Assault Centre who told her to go to the hospital, but she instead she showered before heading to work "on auto-pilot."

"If there had been bleach in that shower I would have scrubbed myself with it," Jennifer said, her eyes closed.

The way that the world will shame you without doing it purposefully ... I'm basically a shell. Jennifer, a Halifax woman who is struggling with the aftermath of rape

33

It took just 33 minutes for Jennifer's strength and self-esteem to be taken away by the force of her assailant



Jennifer (not her real name) writes in her journal at her apartment on Wednesday. PHOTOS JEFF HARPER/METRO

If someone needs help, please just reach out to somebody.
Jennifer

Written on her bathroom mirror is the image "I [heart] me," which Jennifer said she looks at every day in the hopes of tricking herself into believing it.

Although she said there's been lots of support from Avalon, including a therapist Jennifer calls her "angel," there's no program that can make you love yourself again.

But there are six words Jennifer said she's sick of hearing: "You need to get it together."

Her doctor has said that to her, as well as her mother who hasn't spoken to her in months, Jennifer said. Her father who lives outside Nova Scotia didn't respond even when she wrote him a letter saying what she wanted the family to do with her ashes when she dies, and friends who tried to be supportive at first have since faded away.



"I heart me," is written Jennifer's mirror as a reminder.

After losing her job soon after the rape, Jennifer said she's gotten a couple of others but was let go after missing work on days when she couldn't leave the house, or didn't offer medical benefits right away.

There were "horrifying" times of dissociation, Jennifer said, when it would be Monday. Then she'd glance at her phone and it would be Wednesday. She said she'd eaten and chatted on Facebook, but had no memory of those days.

Journaling with Sharpies and notebooks helps, Jennifer said. When she fills one she puts it away until she's ready to take it out and tear all the pages into tiny pieces.

Jennifer said her medications help her sleep and keep suicidal thoughts away, but with no job and employment insurance unable to cover both rent and the pills she is spacing out what she has left and trying to hold onto hope when it feels the universe is "kicking me in the head."

She's had to sell valuables in order to buy food — always bananas, granola and yogurt since she hasn't cooked in months, Jennifer said.

"I was a person making good money, in a job I loved, and suddenly I'm a girl in a pawn shop."

But there are moments when Jennifer said she feels uplifted, like reconnecting

LEGAL ISSUES

'The system's broken'

Jennifer doesn't believe her closure will come from pressing charges against her alleged rapist. Jennifer said she'd spoken with police within a week after the attack and said it would likely take two years before she saw a courtroom, which her therapist agreed is average.

"I know that the system's broken," she said.

Police also told her the charge would likely be pled down to common assault as she was assaulted as well, Jennifer said.

Even at that point and with a rape shield law, Jennifer said it would be her word against his and she wants to start healing now instead of dealing with impact statements and court dates.

It's also not the victim's responsibility to ensure their attacker is put behind bars, Jennifer said, but "you feel that" because everyone insists that's what should be done.

"Maybe one day [I will], but I know that I don't think that's where my closure is going to come from," she said.

with an old friend who reminds her as the girl who makes everyone laugh, or vowing to do one good thing when she walks out the door.

Jennifer said she's recently driven a crying girl on the side of the road to her bus stop when she was running late, helped a pregnant woman carry items while shopping, and handed money to a man on the street.

As the interview ended and Jennifer stood silhouetted in a window, she asked to make sure anyone who read her story would go out and do a kind thing for someone else.

"I try to teach love. I try to teach respect. I try to mirror it."

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INTERNET SEDUCTRESS

'Black widow' too risky to be released

The woman known as the "Internet Black Widow" will be staying in prison after the National Parole Board ordered she be kept in custody.

Melissa Ann Shepard, who is originally from P.E.I., is serving 33 months and 10 days in prison for administering a noxious substance and failure to provide the necessities of life.

In its recent decision, the parole board said it believed Shepard's risk of violently reoffending was unchanged and it ordered she remain in prison.

Shepard was sentenced after



Melissa Ann Shepard in 2013

THE CANADIAN PRESS/FILE

MORE DETAILS

Four more months

Melissa Ann Shepard, whose latest case was previously reviewed by the parole board in 2014, will remain in custody until her sentence expires in four months.

THE CANADIAN PRESS

her former husband, Fred Weeks of New Glasgow, fell ill while they were honeymooning in Cape Breton. Witnesses reported Weeks' motor skills appeared fine one day but he seemed incapacitated the next. Shepard was told where the nearest hospital was, but she only called an ambulance a few days later after his condition worsened.

Anti-anxiety medication and a drug used to treat insomnia were found in his system. The board's report also detailed some of Shepard's history with other men, including running over her second husband with a car and giving drugs to another man she met over the Internet. TC MEDIA



Regan Taylor Henneberry of Sambro pulls his hood over his face as he's brought into court yesterday. ZANE WOODFORD/METRO

Man charged in bid to kill crime figure

COURT

Accused's alleged target was slain a few months later



Zane Woodford
Metro | Halifax

It's not unusual to see one or two reports of thefts from motor vehicles in an area at one time," Halifax RCMP spokesman Cpl. Greg Church said in the news release. "However, to see this many in such a short period of time is very concerning to both the RCMP and the affected community."

Anyone with information on these vehicle break-ins is asked to call Halifax RCMP at 902-244-7208 or Crime Stoppers anonymously at 1-800-222-8477.

Regan Taylor Henneberry of

Sambro pulled his hood over his face as he was brought into Halifax provincial court Wednesday morning to make a brief appearance on charges of attempted murder and conspiracy to commit murder.

Police allege the accused was involved in the attempted murder of Marriott Jr. on Dec. 2, 2008, in Harrietsfield. The incident wasn't reported to police at the time, but Marriott Jr. was killed a few months later on Feb. 20, 2009. In the course of investigating the killing, police learned of an attempt on his life in December.

Henneberry was arrested

BACKGROUND

Also accused

Jimmy Melvin Jr. is also accused of attempting to murder Terry Marriott Jr. in 2008, and he too faces a charge of conspiracy to commit murder. METRO

Tuesday at a home in Sambro.

After his court appearance Wednesday, Henneberry's lawyer, Stan MacDonald, said his client would be appearing in Nova Scotia Supreme Court Thursday to set a date for a bail hearing. Henneberry is scheduled to be back in

provincial court on Nov. 30, when he will set dates for a preliminary inquiry, if he has received disclosure of the evidence against him.

Henneberry was the victim in a 2009 shooting in a convenience store parking lot in Sambro. Derek Thomas MacPhee was convicted of the shooting in 2010 and sent to prison.

Earlier this year, MacPhee was granted immunity for other charges in exchange for information about Jimmy Melvin Jr., another well-known crime figure who's charged with first-degree murder in Marriott Jr.'s 2009 killing.

BEAVER BANK ROAD

Vehicles suffer rash of break-ins



Philip Croucher
Metro | Halifax

Halifax police are investigating more than a dozen thefts from vehicles along Beaver Bank Road overnight Monday.

Suspects stole everything from insurance papers and registration permits to cash and small electronic devices Monday night and Tuesday morning, Halifax RCMP said in a news release.



Friday, 12pm-9:30pm
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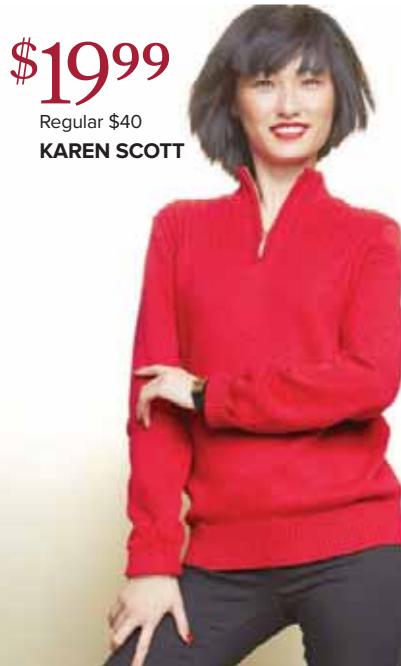
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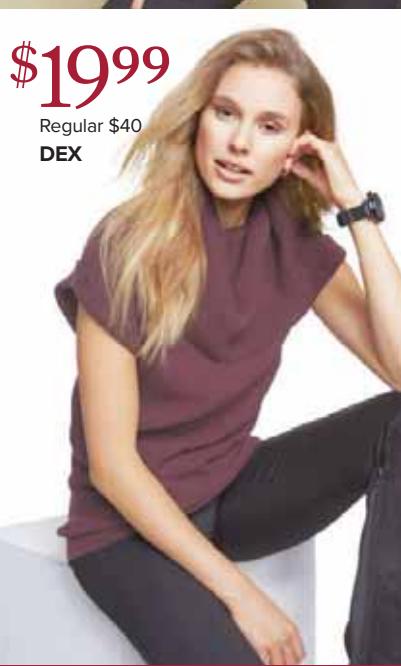
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Haligonians being called on to Shop the Neighbourhood

RETAIL

Event serving as alternative to Black Friday

Rebecca Dingwell
Metro | For Halifax

This weekend, many Halifax shoppers will stampede the malls for Black Friday. The following day, however,

some folks will take a different route.

For the first time, stores and eateries in the Halifax area will participate in the national Shop the Neighbourhood event.

Gordon Stevens of I Love Local Halifax feels Haligonians are interested in supporting local stores through their holiday purchases.

"It's sort of the slower, more enjoyable side of shopping," Stevens said in an inter-



You're getting much more personal service. It's really part of the community and we're trying to make sure that it's part of the community for years to come. Gordon Stevens

view Wednesday.

The goal of Shop the Neighbourhood is to celebrate small businesses and encourage Canadians to shop locally.

For the past few years, Halifax took part in Small Business Saturday, a trend that began in the United States, according to Stevens.

"The first year, we were kind of surprised because we were the only place in the country that was doing anything," Stevens recalled.

"You could feel that momentum in that first year and it's really held its own against a lot of noise from the big box stores."

Last year, Yellow Pages picked up the local business initiative in several Canadian cities and coined Shop the Neighbourhood.

"(The event) has got lots of names, but the idea is the same," said Stevens.

This Saturday, Shop the Neighbourhood is popping up in places such as Montreal, Toronto and Vancouver, just to name a few.

Participating Halifax-area businesses include Lost Cod Clothing Pop-up, Ace Burger and Inkwell Modern Handmade. Shoppers can check out the I Love Local Halifax website for a full list.



TRAFFIC TRUCK OVERTURNS ON LADY HAMMOND ROAD A vehicle compliance officer examines an 18-wheeler that flipped over on the Lady Hammond Road on-ramp to Barrington Street Wednesday. The accident took several hours to clear and resulted in traffic delays. JEFF HARPER/METRO

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IN BRIEF

Municipality currently revising voters list for District 6 election

Halifax Regional Municipality is looking to fill a vacant seat on regional council in early 2016.

A special election is being held on Jan. 23 of the coming year. As a result, the municipality is currently conducting revisions to the voters list for District 6, Harbourview-Burnside-Dartmouth East.

They will be revising the preliminary voters list until Dec. 11.

The goal is to make sure there will be an accurate electors list for the upcoming election.

According to a release by the municipal-

ity, residents may not be on the voters list if they have recently moved to District 6, otherwise changed address or recently turned 18 years of age.

Voters may also wish to contact the Elections Office if a person in their household has recently moved away from the area or passed away.

Beginning Jan. 8, voter information letters will be sent out to those who are on the voters list.

There are three ways someone may become an eligible voter: They may call the voter help line, be sworn in during advance polling on Jan. 16 or 19, or they can be sworn in on election day

at their local poll location. METRO

Correction to Metro Halifax story on fire station proposal

A story that appeared in the Nov. 25 edition of Metro Halifax incorrectly stated that a proposal by Halifax Fire Chief Doug Trussler would change Station 11 on Patton Road to E-platoon, and Station 13 on King Street to volunteer-only.

In fact, Station 13 would be E-platoon (along with Station 4 on Lady Hammond Road), and Station 11 would be volunteer-only.

METRO

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SAFETY

New rules on sobriety for drivers who supervise

Drivers who supervise learners or newly licensed drivers in Nova Scotia will now be required to maintain a blood alcohol content level below .05 under proposed legislative amendments.

Transportation Minister Geoff MacLellan says the move is to address concerns that were raised when changes were made to the province's graduated drivers licensing program in the fall of 2014.

Under the original chan-

ges there were no rules requiring supervisory drivers to be sober.

MacLellan says the supervisory parties will immediately lose their licence for at least seven days under the new amendments if their blood alcohol content exceeds the .05 limit.

The changes will also make fines for offences related to pedestrian and vehicle collisions consistent.

THE CANADIAN PRESS

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The minimum fine levelled for offences such as failing to yield to a pedestrian, failing to yield to a vehicle failing or to obey a crossing guard.

HEALTH

VON withdraws operations to Nova Scotia and Ontario

The Victorian Order of Nurses is ending operations in six provinces so it can focus on Nova Scotia and Ontario, which it calls its two principal service areas.

VON, which provides home nursing, corporate health and home support services across

Canada, said Wednesday it will close programs in New Brunswick, Prince Edward Island and Newfoundland and Labrador as well as in the Prairies.

The non-profit organization also plans to cut staff at its head office in Ottawa and has filed for protection from

creditors.

President and CEO Jo-Anne Poirier said in a statement the restructuring meant some hard choices, but Ontario and Nova Scotia are seen as having the best opportunities for sustainability and growth.

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TUDOR



Gerry Mills, director of operations, Immigrant Services Association of Nova Scotia, left, speaks during a press conference on Wednesday as Barbara Miller Nix, YMCA chief operating officer, public sector programs, looks on. JEFF HARPER/METRO

Nova Scotians welcome refugees

IMMIGRATION

211 help line overwhelmed with offers of support

 **Zane Woodford**
Metro | Halifax

Immigration Minister Lena Diab says Nova Scotians are eager to help settle Syrian refugees, and the federal government has taken notice.

At a news conference Wednesday, Diab responded to federal immigration minister John McCallum's announcement Tuesday night that the government will bring in 10,000 refugees by the end of 2015, and 25,000 by the end of February 2016.

"We know that there's a lot of public support out there ... and the federal government and the minister knows that,"

I've lived through war myself ... I believe it's incumbent on us to take those who are most vulnerable and who are in need of most of our help.

Immigration Minister Lena Diab

Diab said Wednesday.

"He knows the work we're doing on the ground."

Diab pointed to the way Nova Scotians have been calling the 211 telephone line set up for people to pledge help for refugees.

The line has received 917 calls from people pledging money, supplies and volunteer hours to help in refugee resettlement in the province.

"We were honestly overwhelmed, and we shouldn't have been because this is what Nova Scotians do," said Immigration Services Association of Nova Scotia director Gerry Mills at the news conference.

She said because the amount of money her organization will get from the federal government is still unknown, all monetary donations are welcome.

But there are other needs

 **What we're doing, as a province, is trying to reunite families.**

ISANS director Gerry Mills.

ISANS.

She said the main focus is connecting refugees who already have family in Nova Scotia.

"We are trying to connect Syrian family members who are here already with the sponsoring groups," said Mills.

The federal government, in its announcement Tuesday, said its priority would be placed on families, women at risk, sexual minorities, and men who identify as gay, bisexual or transgender — but not single men.

Diab said Wednesday she does not believe that policy is based on discrimination, or a perceived security threat.

Family glad son is on his way home

LANDON WEBB

Missing 25-year-old man found in Edmonton

A 25-year-old Nova Scotia man who went missing from a rehab centre in Kings has been in touch with his family and RCMP.

Landon Webb, who hasn't been seen since Oct. 15, is on his way back to Nova Scotia from Edmonton, Alberta.

"He has been located and in contact with the police and in touch with his family," provincial RCMP spokesman Const. Mark Skinner said on Wednesday.

Landon's mother Brenda Webb confirmed she received a call last week from her son saying he was in Western Canada. She said the family was able to determine on Sunday Landon was in Edmonton.

"We are happy he is alive and we are happy he has called us and wants to come home," she said from her Piedmont home. "The main thing is that he wants to come home and we will have



Landon Webb has not been seen since Oct. 15 but has been located and in touch with his family. JEFF HARPER/METRO

chance to hug him."

Webb went missing on Oct. 15, the day before he was due to be discharged from the Kings Regional Rehabilitation Centre.

His parents were fighting to find him appropriate housing before he was discharged.

The Webbs say Landon has an intellectual disability and

functions at the level of a 10- or 12-year-old, epilepsy, language and anxiety disorders, heart disease and asthma.

Court documents show Lan-

don Webbs parents have had legal guardianship of their son since he was declared incompetent four years ago. However, the Webbs say guardianship



I haven't been able to sleep much yet. I went through four days of not going to bed until 4 a.m. in the morning — that is how difficult it has been.

Brenda Webb

orders are repeatedly ignored by the Department of Community Services and centre staff.

Brenda Webb said Landon is being transported to the province with the help of family and friends, but she wasn't able to provide specific details. She said she is unable to disclose where her son will be staying once he reaches the province. Brenda said she hopes he will be back in Nova Scotia by the end of this week.

She said making the arrangements to get him back to Nova Scotia have been difficult and continues to be a constant worry for the family.

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Paint Nite partners beer with brushes, a hit with pub-goers

BACKSTAGE PASS

Event inspires Haligonians to 'drink creatively'

Aly Thomson
For Metro | Halifax

In pubs around Halifax, paint brushes are becoming as popular as a beer.

Paint Nite Halifax sees bar patrons put brushes to canvas for a two-hour, artist-led social painting session.

It's designed for people with no artistic experience and encourages people to "drink creatively," said Kourtney Prentice, licensee for Paint Nite Halifax.

"It's very different from an art class. It's more about the party atmosphere — having fun and relaxing," said Prentice as nearly 50 people in green aprons chatted in front of canvases at a recent event at Rockbottom Brew Pub.

Each event features a different painting that all participants simultaneously attempt to recreate step-by-step under the direction of an artist.

"It's a unique alternative to a night at the movies or a dinner date," said Prentice, adding that participants



A crowd of nearly 50 patrons gathered for a social painting session at the Rockbottom Brew Pub last weekend. JEFF HARPER/METRO

have been a mix of women and men.

"Some people find they have a talent they didn't know existed."

Paint Nite's reception in Halifax has been overwhelming, said Prentice.

Since launching in late September, Prentice has had a tough time keeping up with the demand.

Paint Nite events are al-

ready sold out into January.

Prentice said most of the artists who lead the classes are university students studying art or with a

background in art.

Lisa Tsitrin, a marine biology student at Dalhousie University who had led several Paint Nite events, said

painting isn't just for artists — it's for everyone.

"To me, art is a way to express myself," said Tsitrin as Drake's Hotline Bling blared over speakers. "Although we all paint the same subject, everybody's artwork looks different at the end of the night."

"And that's not because people have different experience levels. It's because the

It's very different from an art class. It's more about the party atmosphere — having fun and relaxing.

Kourtney Prentice

UPCOMING

'Icy Winter Stream:' Jan. 5, 7 p.m., Gahan House, \$45

'First Snowfall:' Jan. 6, 7 p.m., Gahan House, \$45

'Sunset Heart Tree:' Jan. 24, 3 p.m., Rockbottom Brew Pub, \$45

'Lavender Moonlit Silhouette:' Jan. 25, Gahan House, \$45

painting reflects the person."

Karen Du Plooy smiled as she added blue paint to her canvas at the Rockbottom Brew Pub event.

Du Plooy said she had never painted before Paint Nite. It was her second time attending an event.

"It's a really fun night out and in two hours you have a really nice piece of art that you can hang on your wall," she said, sitting on a tall bar stool in front of her canvas and paints.

"I don't consider myself a super creative person but that's why I like it because really, anyone can do it."

Prentice is hoping to bring on more pubs and bars to host events around HRM and eventually across the Maritimes. She's also looking at expanding to offer corporate events.

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The Princess of Acadia served on the Digby-Saint John ferry service for 44 years before being replaced by the Fundy Rose in July 2015. TC MEDIA

Princess of Acadia gets winter keeper

TRANSPORT CANADA

Newfoundland and Labrador firm to be paid nearly \$500K

The federal government is going to spend almost half a million dollars to have a Newfoundland and Labrador company look after the Princess of Acadia for the winter.

Transport Canada will pay Heddle Marine Services of Newfoundland \$499,758 to take care of the former Digby-Saint John ferry until March 31.

Transport Canada issued a request for proposals (RFP) Sept. 30 for a contractor to

take care, custody and control of the ferry for the winter and the department awarded the contract Nov. 19.

The ferry is now tied up at a Heddle Marine facility in Sydney harbour in Cape Breton.

Heddle will have to provide around-the-clock security, including rounds of all of the Princess's internal compartments, mooring lines, electrical power connection and oil containment boom at least every 24 hours.

Soundings of the tanks and voids will be taken once every seven days.

The former ferry had been tied up in Dartmouth since early September — except for a brief trip to Yarmouth in mid-October to participate in

ALSO OF NOTE

Ferry's bell stolen

Halifax Regional Police reported last week that someone stole the ship's bell while it was tied up in Dartmouth.

exercises with the Canadian and U.S. armed forces and Coast Guards.

The 146-metre long ferry served her whole career on the Bay of Fundy service between Digby and Saint John starting in 1971.

The shorter but faster Fundy Rose replaced the Princess in July.

TC MEDIA

IN BRIEF

Old flagpole comes down
The old flagpole in the middle of Grand Parade is being removed Thursday.

According to a release by the municipality, work to remove the pole and guide wires will start at 7 a.m. The front doors of City Hall will be closed during this time, but access will be available through the Argyle Street entrance.

Last week, a condition assessment of the flagpole determined the structure had deteriorated and should be removed for safety reasons. A new flagpole has been installed.

METRO

MUNICIPAL POLITICS

County pulling out of governance study

Nova Scotia's municipal affairs minister is disappointed with Cumberland County's decision to withdraw from a study of municipal governance.

"I thought we were making great progress from the conversations we had with the mayor and the warden and with the four municipal units that are left, so it is disappointing that it ended so abruptly," Zach Churchill said. "I still want to urge our municipal partners to take a long view on the changes we need to make as a province to ensure we have

vibrant, viable and successful communities in the future and change is part of that."

Just weeks after agreeing to participate in the study of municipal governance, Cumberland County announced last week that it was withdrawing, citing cost and how a possible municipal amalgamation could impact staff.

Amherst has no plans to dissolve and its mayor, Robert Small, expressed his disappointment at the county's decision to withdraw.

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MENTAL HEALTH

Many plagued by PTSD

Dr. Morton Beiser, a psychiatric epidemiologist from St. Michael's Hospital in Toronto, says research indicates up to 20 to 50 per cent of refugee children suffer from PTSD, while 10 to 15 per cent of adults are affected.

"I don't think that we are sufficiently equipped yet to deal with that," Beiser said. "It is important that we develop resources quickly and effectively ... We really have to get our act together."

Refugees who suffer from PTSD often relive their trauma, Beiser added. "Post-traumatic stress disorder ... is an awful disorder," he said. "It is a disorder in which people experience horrible situations that they've been in, they're back in the torture cell, they're back being raped."

Mental health challenges for refugees also go far beyond PTSD, said Dr. Kwame McKenzie.



We really have to get our act together.

Dr. Morton Beiser

The medical director for the Centre for Addiction and Mental Health says newcomers also face higher risks of developing substance abuse, depression and schizophrenia.

"The truth is, the studies have shown that the rates of mental-health problems are increased, for every (kind of) mental-health problem," he said.

McKenzie said he is pleased the federal government plans to help refugees settle immediately in host communities.

Unlike the 5,000 refugees who came to Canada from Kosovo in 1999, Syrians will not be housed on military bases unless it is deemed necessary.

"Some of the studies that have been seen worldwide say that you can decrease the risk significantly if you're careful about what you do when people come to the country," he said.

The effects of conflict, displacement, travel and family separation were all considered when the federal government crafted its plan, Health Minister Jane Philpott said Tuesday as the Liberals announced they intend to bring 10,000 refugees to Canada by year's end and another 15,000 by February.

"Mental-health concerns are amongst the concerns that we expect to see," Philpott said.

The minister also said the government determined it would be in the best interest of refugees to ensure a quick transition into communities. THE CANADIAN PRESS

LOGISTICS

Medical and security screening will be overseas

Staff at Canadian Forces bases across the country are counting beds and making tentative plans to house and feed thousands of Syrian refugees expected to arrive in the coming weeks.

Capt. Evelyne Lemire, a spokeswoman at CFB Gagetown in New Brunswick, said they have not yet been told they will receive some of the 25,000 refugees the Canadian government has promised to accept by February.

But she said they have been asked to see how many they could accommodate at the sprawling base as part of what the military has dubbed Operation Provision.

"We've been asked to look at our options, our accommodations and so on, like the numbers," she said from the base near Oromocto. "We're ready to receive any Syrian refugees, if we're called on to do that."

Lemire said the base at Gagetown is looking at everything from how to provide food and medical services to allocating space for religious practice for refugees from Turkey, Lebanon and Jordan.

It's expected that bases in Quebec and Ontario will be called on initially to provide interim lodging for refugees, with bases and wings in other provinces expected to follow suit after the first wave of Syrians arrives.

The Forces could be asked to temporarily accommodate up to 13,000 refugees. The newly



Sgt. Matt MacIsaac removes some of his belongings from storage at CFB Kingston in Kingston, Ont. on Nov. 23 to prepare for the upcoming arrival of Syrian refugees. LARS HAGBERG/THE CANADIAN PRESS

elected Liberal government announced its plans Tuesday to resettle the refugees, saying it will miss by two months a self-imposed deadline of Dec. 31 to bring 25,000 to Canada.

The new target is to receive 10,000 people by year's end and the remainder in the first two months of 2016.

Health and security screening will take place overseas and then refugees will be flown to Toronto and Montreal, largely

on chartered aircraft.

We're ready to receive any Syrian refugees, if we're called on to do that.

Capt. Evelyne Lemire

From there, they will be spread across 36 different destination cities, which already

have resettlement programs in place.

Temporary accommodation will be provided by the military, if required.

It's not clear how long they would be housed at the bases, but an official in the Defence Department says it will likely play out like it did in 1999 when Kosovar refugees were housed in bases like Gagetown, Greenwood, Aldershot and Halifax in Atlantic Canada and others in Ontario.

In Halifax, 12 Wing Shearwater may also be called on to take in refugees, but officials were still figuring out how they would accommodate both families and individuals in large barracks and other facilities.

The Forces have said they want to use empty beds and not displace military members, but may have to do some shuffling of personnel at bases in Valcartier, Que., and Edmonton.

THE CANADIAN PRESS

POLITICS

Trudeau was right to delay settlement deadline: Experts



Michael Woods
Metro | Ottawa

Strictly speaking, the Liberal government's plan to bring in 10,000 Syrian refugees by Dec. 31 and another 15,000 by March — rather than all 25,000 by end of year — is Prime Minister Justin Trudeau's first broken promise.

But the government's decision to lightly tap the brakes on the resettlement process is being lauded by experts who implored them to take a bit more time to do it right.

"It would have been very problematic if they had stuck to the Dec. 31 deadline at all costs," said James Milner, a professor at Carleton University and former consultant with the UN High Commissioner for Refugees. "On balance, there's a real sigh of relief that the deadline has been extended."

The outcry for more time was among Immigration Min-

Trudeau PROMISES TRACKER

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

ister John McCallum's messages when he announced the plan.

"I've heard Canadians across this country saying yes, you have to do it right, and if it takes little bit longer to do it right then take the extra time," he said.

The Liberal platform said it would expand Canada's intake of refugees from Syria by 25,000 through immediate government sponsorship."

ENTREPRENEURSHIP

Businesses also stepping up to help

Businesses and entrepreneurs across the country are stepping in to help settle the thousands of Syrian refugees coming to Canada over the next few weeks.

Real estate companies are contributing apartments, airlines are offering seats and individual business leaders are chipping in cash.

Calgary-based Mainstreet Equity Corp. offered at least 200 apartments across western Canada to house refugees at a discounted rate.

Wednesday's offer follows a similar one last week by fellow

Calgary-based Boardwalk Rental Communities to provide 350 apartments.

Bob Dhillon, the CEO of Mainstreet, said his experience immigrating to Canada from war-torn Liberia with his family in the 1970s helped motivate him to assist the refugees.

"I can relate to what these guys are going through. They're going through turmoil, hardship, a difficult time, and if we can make their lives easier on their entry to Canada, why not?" Dhillon said in an interview.

THE CANADIAN PRESS

IRAQ

Kurdish forces find ISIL tunnels

Under the Iraqi town of Sinjar, militants from the Islamic State of Iraq and the Levant (ISIL) built a network of tunnels, complete with sleeping quarters, wired with electricity and fortified with sandbags.

There, they had boxes of U.S.-made ammunition, medicines and copies of the Qur'an stashed on shelves.

The Associated Press obtained extensive video footage of the tunnels, which were uncovered by Kurdish forces that took the city in northwestern Iraq earlier this month after more than a year of ISIL rule.

"We found between 30 and 40 tunnels inside Sinjar," said Shamo Eado, a commander from Sinjar from the Iraqi Kurdish fighters known as peshmerga. "It was like a network inside the city."

"Daesh dug these trenches in order to hide from airstrikes and have free movement underground, as well

as to store weapons and explosives," Eado said using an Arabic acronym for ISIL.

The video, shot by a freelancer touring the town with Kurdish fighters, showed two tunnels running several hundred metres, each starting and ending from houses, through holes knocked in walls or floors.

The narrow tunnels, carved in the rock apparently with jackhammers or other handheld equipment, are just tall enough for a man to stand in.

ISIL has been digging tunnels throughout the territory it controls in Iraq and Syria, even before the U.S.-led coalition launched its campaign of airstrikes against the group more than a year ago.

"This has been part of ISIL's strategy from the very beginning," said Lina Khatib, a senior research associate at the Arab Reform Initiative, a Paris-based think-tank.

THE ASSOCIATED PRESS

TUNISIA

Militants say they were behind attack

ON JUNE 26

Current suicide bombing follows earlier violence

Earlier this year, Tunisia suffered two major attacks by Islamic extremists that targeted tourist sites.

THE ASSOCIATED PRESS

The body of a suspected suicide bomber was found at the scene of an attack on Tunisia's presidential guard in Tunis as the Islamic State of Iraq and the Levant (ISIL) claimed responsibility Wednesday for the attack that left 13 people dead.

Tuesday's attack on a bus carrying Tunisia's presidential guards involved about 10 kilograms of military explosives, the Interior Ministry said.

The blast rattled the country after a violent year. If ISIL was indeed behind it, it is the latest of several major attacks in Europe and the Mideast seeding terror well beyond its base in Syria and Iraq.

Tunisian authorities discovered the body of a 13th person in the bus, believed to be the "terrorist who caused the explosion," the Interior Ministry said in a statement Wednesday.

Ministry spokesman Walid Louguini said this body couldn't

be identified by fingerprints because no fingers were found. The ministry said a DNA analysis of the body is underway.

The government declared the blast a terrorist attack and imposed a 30-day nationwide state of emergency, with troops fanned out across the capital.

ISIL issued a statement Wednesday, saying a militant it identified as Abu Abdullah al-Tunisi carried out the attack after infiltrating the bus and killing around 20 "apostates."

THE ASSOCIATED PRESS



Police officers on Wednesday secure the site of a suicide bombing Tuesday in Tunis. THE ASSOCIATED PRESS



S-400 air-defence missile systems make their way through Red Square during a rehearsal for the Victory Day military parade in Moscow in May 2013. The missiles are capable of striking targets within a 400-kilometre range. THE ASSOCIATED PRESS FILE

Putin orders move of missiles to Syria

RUSSIA

Response to Turkey's downing of Russian jet

In a move raising the potential threat of a Russia-NATO conflict, Russia said Wednesday it will deploy long-range air-defence missiles to its base in Syria and destroy targets that may threaten its warplanes following the downing of a Russian military jet by Turkey.

The situation is also alarming because the Russian and Turkish presidents both pose

The incident was the first time in 50 years that a NATO member shot down a Russian plane. If Russia responds by downing a Turkish plane, Turkey could proclaim itself under attack and ask the alliance for military assistance.

Most observers believe a direct military confrontation is unlikely, but the shooting down of the plane will further fuel the Syrian conflict and complicate international peace efforts.

The situation is also alarming because the Russian and Turkish presidents both pose

as strong leaders and would be reluctant to back down and seek a compromise.

The S-400 missiles, which Russian President Vladimir Putin ordered sent to the Hemeimeem air base in Syria's province of Latakia, just 50 kilometres away from the border with Turkey, are capable of striking targets within a 400-kilometre range with deadly precision. The military also moved the navy missile cruiser Moskva closer to the shore to help protect Russian warplanes with its long-range Fort air defence system. THE ASSOCIATED PRESS

RESCUE

Rebels kill pilot after pair parachute from aircraft

Two Russian pilots parachuted from their aircraft Tuesday near the border with Turkey after a Turkish F-16 fighter jet hit their plane with a TOW missile.

Syrian rebels on the ground fatally shot the pilot. The co-pilot landed in ravines, where a Syrian commando unit rescued him. THE ASSOCIATED PRESS

BELGIUM

Armed police meet returning students

When Annelaure Leger dropped off her two children at school on Wednesday, it was like nearly every other day — except for the machine-gunning police officer.

After a two-day school shutdown sparked by a threat alert across the Belgian capital, Brussels resident Leger was relieved classes were back in session.

Though Brussels continues to be under the highest-level threat alert, meaning authorities fear a serious and imminent attack, schools and subways began reopening across the city

I've told my children they have to be careful, but life must go on and they have to go back to school now.

Dimitri De Cra Yencour, a father of four

on Wednesday. That is restoring a sense of normality in the city, parts of which have been deserted since the alert was first raised to the top level in the capital on Saturday.

The terrorism threat level is expected to be in place until at least Monday unless there

are significant developments, like the capturing of suspects linked to the Paris terrorist attacks on Nov. 13, who are believed to be in Belgium.

At Brussels' College Saint-Jean-Berchmans, many parents had a word with school officials or the police officers guarding

the entrance. Some experts warned that without a further explanation of the situation, officials risked undermining the public's trust.

"It seems paradoxical to say that (Brussels) is still at the highest threat level but it's OK to open schools and subways," said Neil Greenberg, a professor of mental health at King's College London. "It's not very helpful to reassure people that everything is safe without sharing more information about what has actually been done."

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Gazprom's Moscow headquarters. Russia's state-run gas company said it had stopped shipments to Ukraine on Wednesday; Kyiv said it halted the purchases. THE ASSOCIATED PRESS FILE

Countries clash over natural gas

RUSSIA-UKRAINE

Kyiv also bars country's planes from its airspace

Tensions between Russia and Ukraine escalated Wednesday as Ukraine decided to stop buying Russian natural gas — hoping to rely on supplies from other countries — and closed its airspace to its eastern neighbour.

Russia's annexation of Crimea from Ukraine in March 2014 and its support for separatist rebels in the east has brought relations between the two countries to a post-Soviet low. Ukraine has since been trying to cut its dependence on Russian gas.

Russia's state-controlled gas company, Gazprom, said Wednesday that it stopped sending gas to Ukraine on Wednesday morning and will supply no more because Ukraine has not paid in advance for more deliveries.

Ukraine said it was its own decision to stop buying gas from Russia after it was offered better prices by other European countries. Those other coun-

tries import gas from Russia but can pipe it back to Ukraine.

Gazprom CEO Alexei Miller on Wednesday warned Ukraine and Europe of possible gas disruptions following the cut-off. Russia uses Ukraine's pipelines to transport part of its gas deliveries to other European countries.

Ukraine's "refusal to buy Russian gas threatens a safe gas transit to Europe through Ukraine and gas supplies to Ukraine consumers in the coming winter," Miller said.

The Gazprom chief said Ukraine had been buying up gas to store for the coming winter in the past two months but

claimed it was not enough to get it through the winter.

On the other hand the European Commission, the EU's executive arm, which has been mediating the gas row between the sides, noted that Ukraine's gas reserves are well stocked and that recent mild weather means that consumption has been below average.

"We are not particularly concerned about the gas flows from Russia to Ukraine at the moment," said commission spokeswoman Anna-Kaisa Itkonen.

Past gas disputes between Russia and Ukraine have led to cutoffs. A standoff in 2009 caused serious disruptions in shipments to EU countries in the dead of winter.

Ukrainian Prime Minister Arseny Yatsenyuk also announced that his government has decided to close the country's airspace to all Russian planes as "an issue of the national security as well as a response to Russia's aggressive actions."

Ukraine last month banned all Russian airlines from flying into Ukraine but Russian planes have been allowed to fly over its territory.

MORE DETAILS

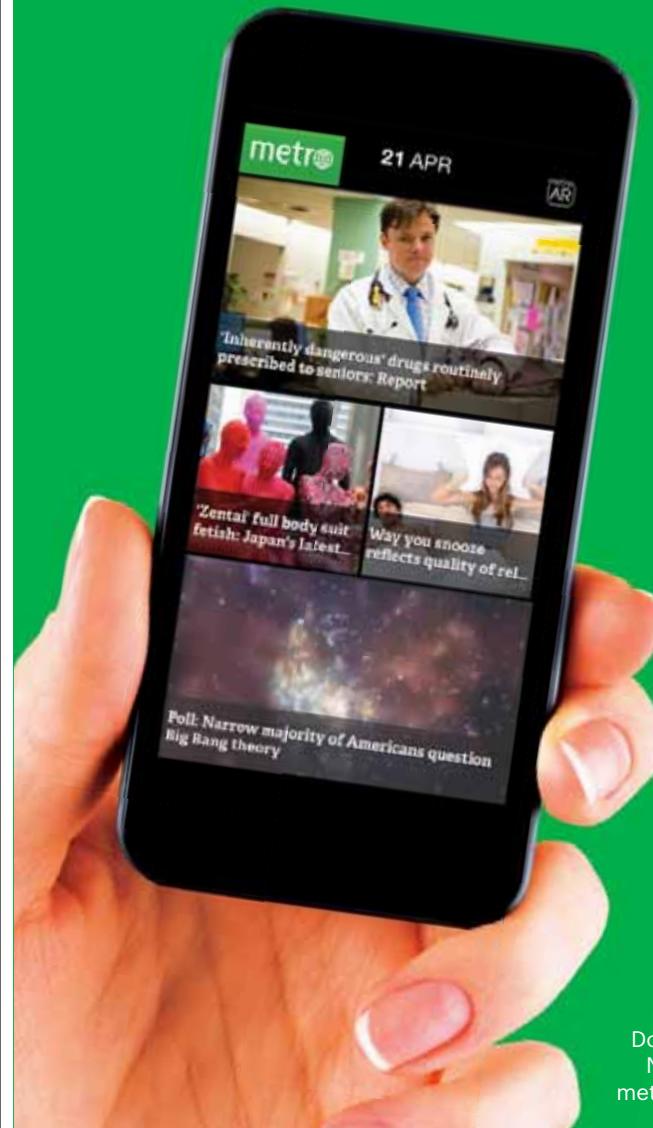
Short-lived deal

The stoppage comes less than two months after an EU-brokered deal ensured supplies through March 2016. Russia lowered the price it charged Ukraine to what it charges neighbouring countries, from \$251 US per 1,000 cubic meters to about \$230 US.

THE ASSOCIATED PRESS

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Breakup Shop dumps your partner so you don't have to

ENTREPRENEURSHIP

Services range from basic text to special \$80 gift pack

Mallory Chate
For Metro | Toronto

Two brothers are turning what can be one of the messiest of life situations into a business.

The Breakup Shop hit the market two weeks ago, not too long after Mackenzie Keast, a Torontonian and co-founder, was "ghosted" by a woman he'd been seeing casually.

No email. No letter. Not even a Snapchat. She simply disappeared. And it got Keast thinking — maybe there's a market out there for helping people who say they want out.

Keast and his brother, Evan, started building the plan and are recruiting what they call "heartbreakers" — people who will help craft on-demand messages the shop will send to people who enlist their services.

Those services range from the very basic Snapchat messages to flower bouquets accompanied by a text to personalized breakup phone calls, placed of course by one of the heartbreakers. Prices start at \$5 and go up from there depending on the level of service.

Customers can add to any package by sending items like copies of The Notebook or cookies through the company's online



The Breakup Shop brothers. BREAKUPSHOP.COM

gift shop. One option — the \$80 breakup gift pack — comes packaged in a box called the "memory oven," which the creators suggest filling with memories of your ex and setting on fire.

While they're not love experts, the brothers have, over the years, "been on both sides" of the difficult-to-end relationship equation, Keast noted.

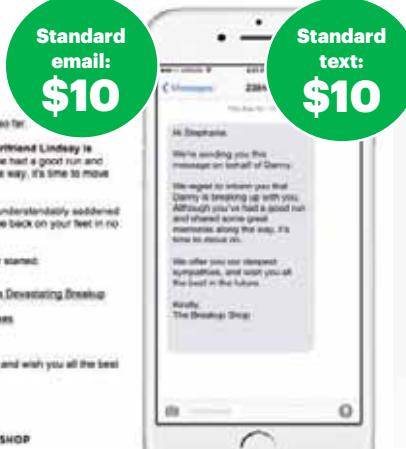
That said, they're looking to hire at least some heartbreakers with backgrounds in things like couples therapy and psychology.

They're also looking to expand into face-to-face breakups, carried out, of course, by a complete stranger.

Standard email: \$10

Standard text: \$10

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AGRICULTURE
Climate change hits coffee farmers

In the foothills of Uganda's Rwenzori Mountains near the border with Congo, coffee is the lifeblood of many families, and farmers need great coffee yields to run their households.

But their success is threatened by climate change, which has warmed the region over the years, encouraging pests and diseases and bringing erratic but intense rains that erode fertile earth. Consequently, harvests have become unpredictable.

Many of the plants in one farmer's estate are infected with leaf rust, a fungal disease that coffee production experts here say has become more prevalent because of rising temperatures.

When the rust infects a coffee estate, the leaves of some plants develop yellow spots and fall prematurely. The result is a delayed harvest with coffee beans so small they can't fetch a good price in the market.

THE ASSOCIATED PRESS

EMMA TEITEL: ON FACEBOOK'S "TAKE A BREAK" FEATURE

Finally we can have our cyberstalking cake and eat it, too — we can peer into the lives of some while maintaining distance from others.

Where were you when...

It's a question asked most frequently about presidential assassinations, terror attacks, major sports wins and — if you live in Toronto — major sports losses. But for some reason, the question is rarely asked about watershed moments in technology — specifically social media, which in the last 10 years has upended social life as we know it.

I was in Grade 11 when it suddenly dawned on me that Facebook had become a permanently creepy fixture in my life. It was 2005, approximately a year after the social networking site officially launched. I arrived at school on a Monday morning wearing the same tank top I wore to a birthday party the night before, when a not-so-nice girl in my homeroom class approached me and asked: "Didn't you wear that shirt yesterday?" The odd thing was, this not-so-nice-girl was not at the party I attended the previous night.

So how did she know I had worn the same tank top two days in a row? She knew, she told me, because she saw photos of me at last night's party on Facebook; photos I had no idea were taken for public consumption; photos I hadn't even seen myself.

That day I realized social norms had irreparably changed: Whether I liked it or not, I was now the subject and consumer of a community tabloid. Recycled outfits, breakups and betrayals were no longer merely talked about — they were a matter of public record, and the only way to disengage from Facebook's community tabloid was to disengage from social life altogether, a highly unattractive option for almost anyone, especially a teenager.

A decade has passed since self-imposed surveillance via social media became the way

of the world, and I suspect another watershed moment is upon us: one in which we begin to seriously question the merits of self-surveillance and the cult of "hyper-connectivity." How else to explain the enormous popularity of a forthcoming Facebook feature that will enable users to see less of each other?

The site's proposed "Take a Break" feature, announced this month, will allow users to limit or eliminate altogether sightings of their exes on Facebook. And unlike the site's delete feature, Take a Break will be private, which means your ex-boyfriend or ex-wife will never know you've asked Facebook to hide their presence from your newsfeed. The feature's massive popularity may be proof that many have come to regard social media surveillance as a double-edged sword; when you want to see and be seen, it's fantastic — but when you want nothing of the sort, it is acutely painful.

Proponents of the new feature have heralded Take a Break as revolutionary. Finally we can have our cyberstalking cake and eat it, too — we can peer into the lives of some while maintaining distance from others. But there is nothing revolutionary about losing touch with people you no longer see on a daily basis. In fact, it is unnatural, not to mention unprecedented, to keep tabs on and know a great deal about men and women who dumped you two years ago.

Take a Break isn't revolutionary; it is actually a setback to a simpler time when it was easy to avoid exes or wear the same tank top two days in a row because our lives were not bound to a community digital tabloid. Nor were they bound to staring blankly at screens.

Facebook isn't the only online feature offering a return to pre-social media normalcy. Earlier this year, a Berlin startup launched Offtime, an app



that restricts users from accessing the Internet at certain times a day, in order to help them "unplug easily and find more balance between work

These new features are a big deal and a great omen for the return of eye contact with loved ones.

and life and tech usage."

If users want, they can even give the app permission to deny their requests to override its system — so that they are forced to spend time away from their phones, even if they change their minds and decide they want to reconnect.

These new features are a big deal and a great omen for the return of eye contact with loved ones at the dinner table and appropriate closure in failed relationships (as opposed to prolonged Facebook stalking and sulking). They are proof we are beginning to question the merits of hyper-connectivity. Unfortunately, though, they are also proof that we are incapable of disconnecting on our own. Will power: There's an app for that.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

THE MICROTREND: Cat Cafés



Wannabe pet owners starved for time or space have a fresh option: Mix coffee time with cat cuddles at a cat café. These coffee shops allow you to bond with resident cats, often shelter animals available to a good home. The feline-friendly restos are popular throughout Asia, particularly in Japan, but are popping up across Canada. Montreal was first to pounce on the fad. Now Ontario has cat cafés in Guelph and Toronto, and there's another planned for Vancouver. If you want mo' cat with your mocha, go to Montreal. Quebec's laws on these café-petting zoo hybrids are the most lax, so felines can mix and mingle in the eatery. Not so in Ontario, where laws dictate the pets must be kept in a separate room. Still, it's the perfect solution for those with cat commitment issues — speed-dating, but with more fur. METRO

metroview

Make it easier to make it right for wrongfully convicted

Diane Baker Mason
For Metro

the assistance of a volunteer group (such as the Innocence Project or the Association in Defence of the Wrongly Convicted). It's grindingly slow, and often made slower by authorities' delays in producing information and documents. Faced with the possibility that an innocent person is in jail, many authorities circle their wagons, providing only minimal co-operation. This is particularly disturbing when it turns out the application has merit.

Romeo was one of Canada's wrongly convicted: a victim of a "miscarriage of justice." People who are wrongly convicted have little hope of righting that wrong. They go to prison. Sometimes, as in Phillion's case, for decades. Sometimes for the rest of their lives.

That an innocent person could go to jail is not an idea that the un-jailed populace willingly accepts. We count on the accuracy of evidence, the honesty of the police, the competence of lawyers, the discernment of juries. The terrifying alternative — that there are dishonest cops, mistaken witnesses, bad lawyers, misinformed juries — is the stuff of Hollywood. Who hasn't cringed at the innocent prisoner in Shawshank Redemption, crawling through the sewer to get his freedom back?

Canadian victims of wrongful convictions have to do another type of crawling — uphill, towards a review of their case by the minister of justice. These rare applications are usually undertaken with

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Hibernate with these books

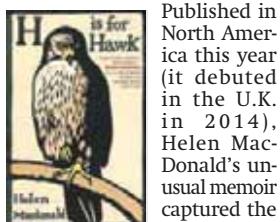
WINTER

Here are nine reads we wouldn't mind on a snow day

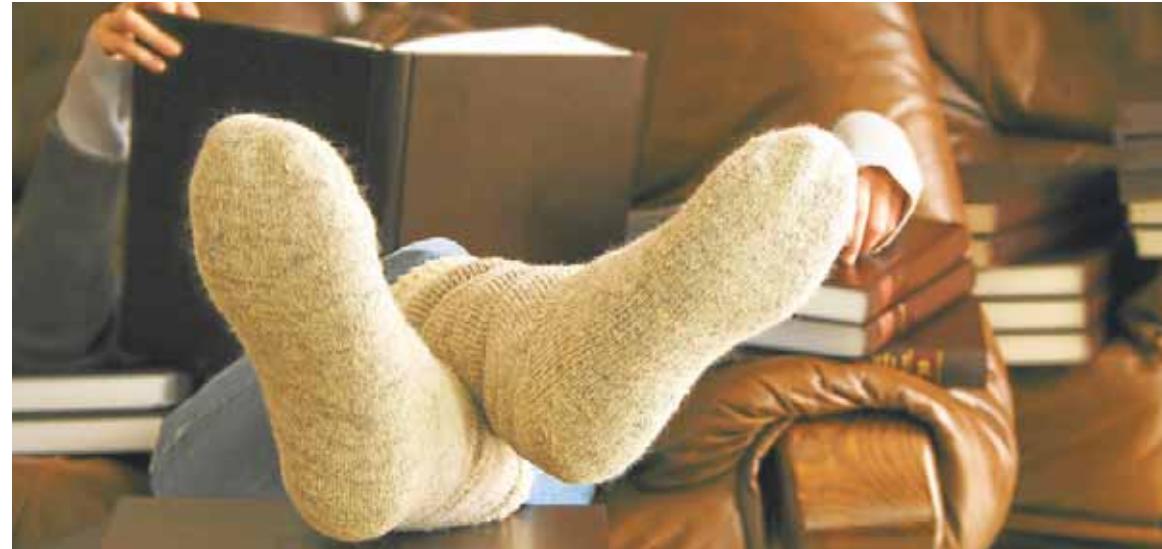
With winter's chill settling over most of the country, it's time to grab a blanket, brew some tea or heat some cocoa, and curl up with a good book. Thousands of great reads were released this year, so choosing one may be difficult. To help you out, we pared down the list of top critics' picks to what we think are the top non-fiction and fiction books of 2015.

Non-Fiction

H is for Hawk by Helen MacDonald



Published in North America this year (it debuted in the U.K. in 2014), Helen MacDonald's unusual memoir captured the hearts and imaginations of reviewers all over the continent. A Torstar reviewer called it: "An astonishing memoir of grief and love, of loss and connection, H Is For Hawk is nature writing for the new century, resonant and accessible, wise and fragile. Like the goshawk upon which it centers, it is a thing of beauty, of blood, of violence, of joy," a



It's time for wool socks, a cup of tea and a good book. ISTOCK

memoir about dealing with grief (the death of her father) ... it is seldom that such a thoughtful accomplished book touches a nerve with ordinary readers; "this award-winning book is soaringly original and gorgeously written."

The Dorito Effect by Mark Schatzker

This is not your average food book. Mark Schatzker uses science to shed light on the connection between nutrition and flavour —



showing how our taste buds no longer lead us to the most nutritious food, but to foods that are leading us into obesity and diabetes. Here's what our reviewers had to say: "fabulous research into why food has no taste and why we need to demand more," "The best part? The solution he lays out involves a lot of good eating: top-quality, fresh, local, seasonal produce that restores our taste buds' primary function. A game changer!"

On The Move, Oliver Sacks

Neurologist Oliver Sacks was a storyteller — his expertise was science, but he made it accessible, educating us through telling stories of his patients in



memoir On The Move, touched readers everywhere, including our reviewers: "Sacks' thoughtful and conscientious approach to his own death served as a reminder of the writer and neurologist's deep engagement with the very nature of life. His memoir ... brims with life even in the shadow of death." "It isn't an

Awakenings and The Man Who Mistook His Wife For a Hat. Before his death in August, he was still enlightening us with stories and his

exaggeration to say that Sacks was "beloved" for the freshness of his intellect, his enthusiasm, his fascination with the workings of human beings. And the publication of this autobiography in the final months of his life was a brilliant cap to an admirable life."

Fiction

Martin John, Anakana Schofield



Anakana Schofield has hit the publishing world like a storm. This book was



The Girl on the Train, Paula Hawkins

It's not often a first-time novelist dominates the top of the best-seller lists for a year. But that's exactly what Paula Hawkins has accomplished with The Girl on The Train. Our reviewers agree: "In this fresh, female-focused psychological chiller, a young woman is drawn into a mystery involving people she observes during her daily London commute. Paula Hawkins' bestselling debut novel is an addictive page-turner with intoxicating characters, unflagging suspense and sharp insights into women's lives and relationships." TORSTAR NEWS SERVICE

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2	DNCE Cake By The Ocean
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Fairy tale hits the right notes

NEW RELEASES

Glee star talks growing up, grandma

The angelic-voiced Chris Colfer may have broken through to TV stardom as Kurt Hummel on Glee when he sang Defying Gravity, but these days he's smashing sales records in the publishing industry as well.

His series of four volumes of revisionist fairy tales, under the umbrella title The Land of Stories, has been No. 1 on the New York Times bestseller list, while the first picture book inspired by the series, The Curvy Tree, debuted last month to strong sales. Fans of Colfer's fabulous fables are waiting for the boxed set, Adventures From the Land of Stories, to hit the streets on Nov. 24.

It's quite a lot for the 25-year-old from Clovis, Calif., to have on his plate, but on the phone from New York he seems just about the nicest young guy you'd ever want to chat with, lacking all of his alter-ego Kurt's sometimes abrasive fashionista baggage.

"Thank you for recognizing that Kurt and I are two different

people," he says. "Don't get me wrong, I loved playing him, but we're not the same in so many ways. When I walked into my audition for Glee, I was a small-town kid wearing scruffy jeans and a shirt from Target."

In fact, when Colfer auditioned for the show, he was originally brought in to try out for the role of Artie.

But the show's creator, Rya n Murphy, s e n s e d something in Colfer and created Kurt for him.

"T h a t was fantastic, sure, but I had to do a lot of homework really quick. I used to keep watching The Devil Wears Prada on repeat to soak up all the gestures and mannerisms. I don't think anybody ever guessed that I was channelling Meryl Streep's judgmental looks as Kurt."

Colfer made a big impression from the start when Glee hit the air in 2009, but it was the ninth episode that season, Wheels, that really did the trick. Colf-



Chris Colfer was first inspired to write fairy tales as a kid when his sister was suffering from seizures. AFP

er and Lea Michele's character Rachel battled over who would sing Defying Gravity from the musical Wicked.

"That came from my own life," says Colfer. "I always wanted to

sing it in high school, but the teachers wouldn't let me because they said it was a girl's song. My grandmother finally let me sing it in the church where she was a reverend.

"That song meant the world to me. Wicked was about someone who nobody paid attention to and who had a sister with special needs."

Colfer's voice gets husky as he explains the next part of his story.

"When I was a kid, my sister, who was five years younger, was diagnosed with epilepsy. Sometimes she would have 50 seizures in an hour. It was a very, very difficult period for the whole family. That's when I started creating fairy tales in my head and writing them down. I just couldn't write enough and my grandmother persuaded me to wait."

"She said, 'Christopher, I think you should wait until you've done with elementary school before worrying about being a failed writer.'"

But when Colfer got to middle school he had other problems to deal with.

"That's when the bullying started. My voice may have matured over the years, but it's never changed. So there I was, a sensitive kid with an effeminate voice." He thinks of a line he wrote in The Curvy Tree. "Being different may have been difficult, but it's what saved me." TORSTAR NEWS SERVICE

BOOK BRIEFS

Wild author releases new book

Author Cheryl Strayed has become somewhat of an advice guru. People were following her advice before even knowing it was Strayed who was giving it through her Dear Sugar column for The Rumpus.

Then came Wild, Strayed's memoir and story of walking the Pacific Crest Trail shortly after her mother's death and after the demise of her marriage. Now, Strayed is back with Brave Enough, a compilation of various Strayed-isms and life mottos. They are the type of phrases you write down and keep in your wallet, or at least tweet to your followers, giving them something to think about. EMILY LAURENCE/METRO IN NEW YORK



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JOHANNA SCHNELLER WHAT I'M WATCHING

Code Black has legs

CODE BLACK, SEASON ONE, EPISODE SEVEN (CTV)

The emergency room at Angels Memorial Hospital in L.A. is wall-to-wall as usual, this time with victims from a car crash at a street fair.

The woman on the gurney has lost both her legs at the knee, and is hemorrhaging. An EMT driver hands a plastic bag to an intern.

"It's her legs," the driver says. The intern stares into the bag.

"Drop it," says Dr. Leanne Rorish, his supervisor, and head of the ER. The intern gapes at her. "I mean it, drop it," she repeats. "Her legs are worthless if she bleeds out." The intern drops the bag.

This is the best new network show in ages, for three reasons: Marcia Gay Harden, the latest in a long line of terrific but underused film actresses who find new purpose on TV, who plays Leanne.

The gimmick of the series is catchy — code black is the term for an ER that's flooded with more patients than it can handle — and the excellent close-up camera work makes the war zone mood feel authentic.



Code Black is the best new network show in ages, according to Johanna Schneller. CONTRIBUTED

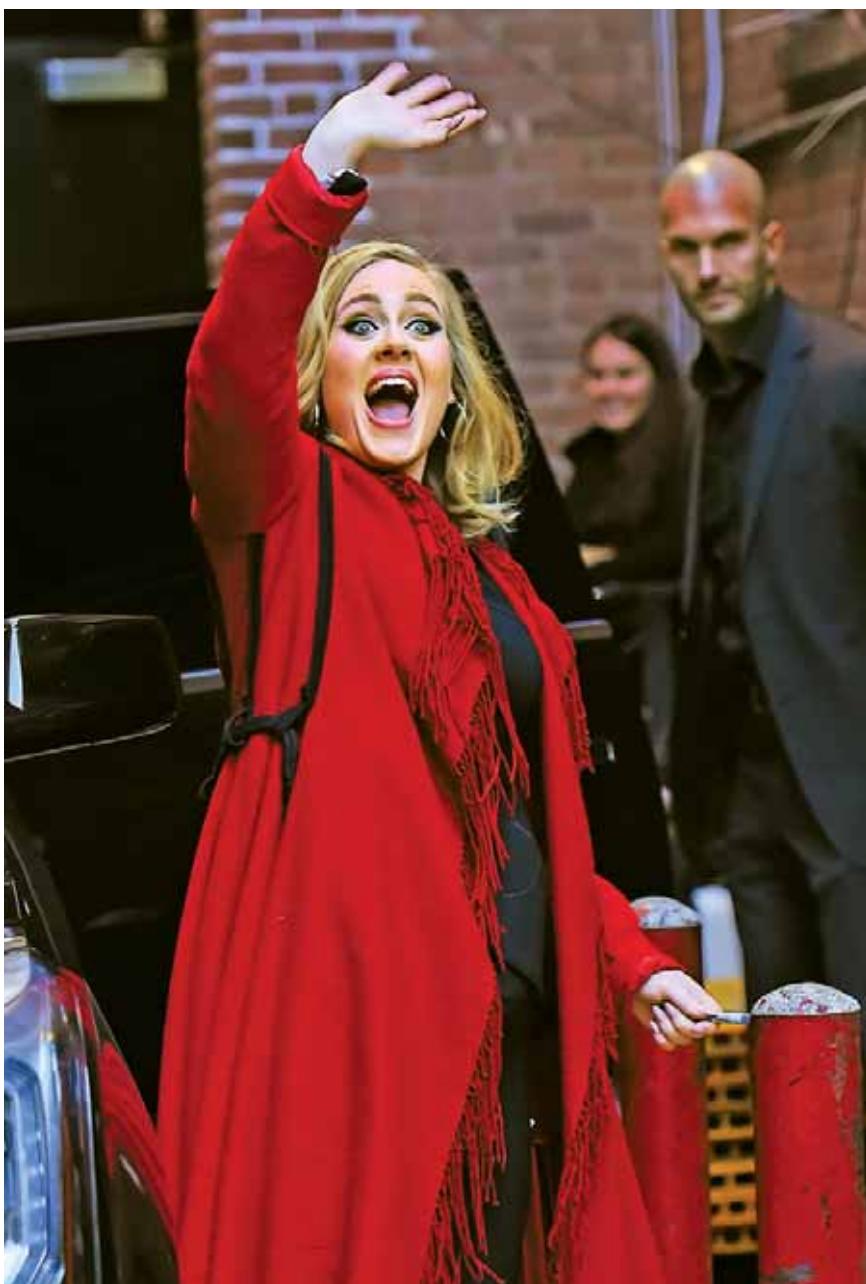
But what gives it meaning Harden's kick-ass control. I loved her sly, scary-smart corporate fixer on The Newsroom: The way she delivered bad news while flirting was a hoot.

Here, she's always doing three things at once, believ-

ably — saving patients, teaching students, and keeping a cool eye on everyone's personal dynamics.

She's economical in her words and movements, so a pat on the back or wry comment speaks volumes. She's incapable of a false note.

How Adele beat Céline on the charts



Adele has outsold even the mighty Céline Dion in her first week. JOSIAH KAMAU/GETTY IMAGES

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 27

SHOPPERS DRUG MART

25

You don't give heartache away for free in this business

In the Nov. 21 Saturday Night Live sketch A Thanksgiving Miracle, an awkward Thanksgiving is saved when a family's political squabbles are interrupted by Adele's Hello.

As the soaring ballad plays from a clunky old CD player, the family (including Matthew McConaughey in grandpa garb) leaps from their seats for a wind-machine-assisted sing-along.

This week proved it: Adele is someone we can all agree on. On Wednesday, Nielsen reported that Adele's album 25 sold 260,000 copies in Canada alone in just five days, breaking Céline Dion's 230,000 first-week sales record for 1997's Let's Talk About Love.

South of the border, Adele beat out 'N Sync's single-week sales record — in three days — by selling more than 2.4 million copies.

Nielsen has collected stats on first-week sales only since 1991 in the U.S. and 1995 in Canada — we'll never know where pre-Soundscan blockbusters such as Michael Jackson's Bad would rank.

Supplanting the chest-pounding diva and the heartthrob boy band was a feat considered impossible in a world of music freebies. Here's how she made it happen:

Adele for all

"Adele's music is popular with all demographics," says Anita McOuat, partner at PwC and editor of PwC's Entertainment & Media Outlook 2015-2019. Her diverse fan base means she can afford to overstep streaming. "Many of the older demo-

MUSIC

Adele at every age

What if Adele kept releasing a new album corresponding to her age? We imagine the possibilities.

29 **Album: 29**
Single: Rolling in the Diapers

37 **Album: 37**
Single: Rumour Has It the Music Industry Thinks I'm Getting Old

42 **Album: 42**
Single: I'll Be Waiting for Soccer Practice

69 **Album: 69**
Single: Thighfall

78 **Album: 78**
Single: All I Ask Is That You Speak Up

graphic still buy CDs and still pay to download from iTunes or other digital services," says McOuat.

Bye Bye to boy bands?

Though Adele dethroned 'N Sync in the U.S., make no mistake — teenage girls have not abandoned their historic throttle on the music industry.

McOuat notes that 'N Sync heir apparent Justin Bieber just charted 17 singles simultaneously on the Billboard Hot 100, breaking a record set by the Beatles.

But people today prefer to listen their ballads as whole albums, while choosing their pop hits à la carte from digital or streaming services.

Lucky 21

Even more persuasive than a killer first single? An instant classic album owned by 1.5 million Canadians. "When you talk about what they are doing right with 25, you have to go back and look at all of the things they did right with 21," says Nielsen's Bakula. "That's where the base for this was built. When we look at the numbers now for 25 and go, 'These are numbers we've never seen before,' let's rewind back to when we were saying the exact same thing about 21."

TORSTAR NEWS SERVICE

SCREAM QUEENS

Palmer hopes to live another season

Actress Keke Palmer is a little relieved shooting for Scream Queens is over, so she can focus on her music. But that doesn't mean she's about to give us any spoilers. When asked if her character on the Fox horror/comedy satire, sorority girl Zayday Williams, survives to come back for Season 2, all Palmer will offer is an elusive "I hope!" Metro caught up with Palmer to talk her career, music and horror.

You're into fashion, acting, singing — which one is your main passion?

I love them all. But I just fin-

ished Scream Queens and I'm getting ready to do Grease with Fox, but that's a bit more leisurely in the beginning, so now my focus can be on my music. I have the time to really work the way I want to work, since I don't have to be on set. So my main focus is finishing my album and just really getting the right sound.

Who are your biggest music

influences?

Brandy is one of the biggest. Of course, Michael Jackson — he's everybody's influence. Aliyah, TLC, Mariah Carey, always been a big fan of hers. For people now who inspire me — Drake. He's very talented and he's no one genre. It doesn't matter the type of genre you listen to, you can hear his music and enjoy it. Same with The Weeknd. RACHEL VIGODA/METRO IN NEW YORK



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4

REASONS TO WATCH THE WIZ LIVE!

To transform The Wiz yet again, this time into a live TV extravaganza, is anything but easy. For weeks the star-studded cast (including Elijah Kelley, Ne-Yo, David Alan Grier, Mary J. Blige, Queen Latifah and newcomer Shanice Williams as Dorothy) has mustered at New York's Long Island's Grumman Studios. In free moments, they look ahead to their one-night-only trip to Oz on NBC, Dec. 3, 8 p.m. EST THE ASSOCIATED PRESS

BRIDGING THE RACIAL DIVIDE**Why The Wiz?**

"The Wiz is a cultural touchstone in the black community, with an emotional connection we didn't really know about until we were doing it," says Neil Meron, who is producing the show with longtime partner Craig Zadan.

"Bottom line: The Wiz is phenomenal entertainment, and even with the racial divide at its highest point in decades, we want to put that on pause and do something for the family and for the spirit, and have a great time."

MAKING YOUR DREAMS COME TRUE**A timeless message**

Elijah Kelley (who plays the Scarecrow): "Understanding the ability to conquer your fears is one of the things that propels you to any success you desire. That's what The Wiz is about."

Singer-actor Ne-Yo (the Tin Man): "Everybody thinks, 'I'm not pretty enough,' 'I'm not thin enough,' 'I'm not this-or-that enough.' But none of that is true. The Wiz teaches you that everything you need to make your dreams come true is already there inside you."

**THIS ISN'T HER FIRST YELLOW BRICK ROAD****In Dorothy's shoes**

Shanice Williams, a 19-year-old New Jersey native chosen from hundreds of hopefuls, had already appeared in her middle-school production of The Wiz scoring the part of the Good Witch of the North. "But when there was an open call for the TV production, I went, just for the learning experience," she says. "Then they kept calling me back and calling me back. There was finally a point where I was like, 'Hold on! I might actually get this.' Now I'm having the time of my life!"

HE AIN'T HEAVY, IT'S HIS COSTUME**Men in suits**

Actor-comedian David Alan Grier (on his Cowardly Lion getup): "It is SO very hot, sir! I'm a fuzzy stovepipe!"

Ne-Yo (on his Tin Man costume): "It's 30 or 40 extra pounds. And it doesn't breathe!"

Elijah Kelley (on his Scarecrow duds): "The costume isn't heavy, but I have to always stand like this," and he demonstrates an ache-inducing bandy-legged posture. "What I don't have to deal with in my costume, I make up for with muscle contortion."

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GOSSIP BRIEFS

Wu-Tang album sells for millions

The only copy of the infamous Wu-Tang Clan album Once Upon A Time In Shaolin has been sold at an auction to a secret bidder.

Auction house Paddle8 sold the record to an American buyer for an undisclosed sum that was "in the millions," reports The Los Angeles Times. Contract-



The one-off Wu-Tang album in its artist-designed box. AFP

music commercially for 88 years.

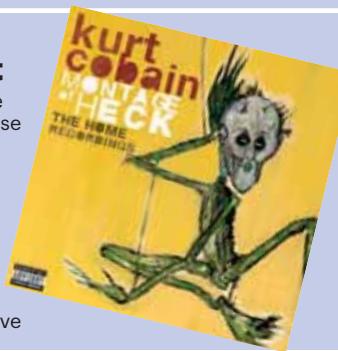
The 31-track album was completed in 2013 and has been stored in a vault in Marrakech, Morocco, in an engraved silver-and-nickel box designed by the artist Yahya.

The music is shrouded in secrecy but the group has revealed that it features a guest appearance from singer Cher. AFP

Cobain makes Heck of a debut

Kurt Cobain is back in the charts following the release of Montage of Heck: The Home Recordings.

The record starring the late Nirvana frontman has debuted in the No.1 position in the Billboard Soundtracks chart, Billboard reports. It has also entered the Alternative



Albums chart at No. 6 and is currently placed No.11 on Top Rock Albums and No.121 on the Billboard 200.

The album was created to accompany a documentary of the rocker's life, Kurt Cobain: Montage of Heck, released this year. It features previously unheard material, including a cover version of The Beatles' song And I Love Her, alongside 12 other tracks. AFP

EXPANDING HER BRAND

Beyoncé steps up fashion game

Beyoncé Knowles is working with British retail tycoon Sir Philip Green on her own clothing brand.

Set to debut next spring, the fashion range will go on sale in 20 countries around the world.

As head of the Arcadia Group, Sir Philip Green owns a host of fashion retailers including Topshop, Dorothy Perkins, Burton's and Miss Selfridge.

The partnership is a concerted effort to take a bigger slice of the global 'streetwear' market — sneakers, athletic,

casual clothing and accessories.

News that Beyoncé was considering a move into fashion first surfaced at the end of 2014 when it was revealed she'd held discussions with Green regarding the creation of a new global clothing company — Parkwood Topshop. However, there had been no statements from either party until Wednesday when Arcadia Group's parent company gave a profit update and issued an official statement confirming that "We are developing our distribution globally for the launch of this exciting new brand in spring 2016." AFP



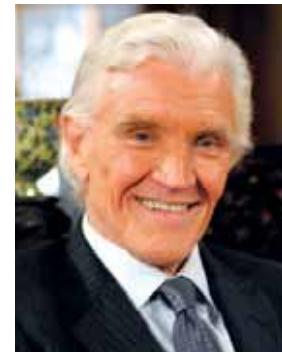
ALL MY CHILDREN

Popular daytime soap star dies

Longtime soap opera actor David Canary, best known for his role as twin brothers on All My Children, has died at age 77.

Canary died of natural causes on Nov. 16 at his home at The Greens at Cannondale in Wilton, Connecticut, Paul Pyrch of the Bouton Funeral Home said Wednesday.

Canary's career spanned more than five decades, with appearances in the films Homme and Saint Valentine's Day Massacre before earning recurring roles on Peyton Place and Bonanza. In December 1983, he joined the cast of All My



Soap star David Canary
ABC/THE ASSOCIATED PRESS

Children as twins Adam and Stuart Chandler. Playing the brothers — one evil and the other good-hearted — he acquired fame and five Daytime Emmy Awards.

"For more than two decades David Canary defined daytime drama on ABC," the network wrote in a statement Tuesday. "Our hearts go out to his family and we mourn his passing."

Canary shunned the spotlight and preferred to live quietly with his wife and family.

He is survived by his wife, two children and a grandchild. THE ASSOCIATED PRESS

Cambodian fest has friend in Angie

ANGELINA JOLIE

Big star draws focus to rebirth of nation's film industry

The little-known Cambodia International Film Festival is getting a star-powered boost this year from Angelina Jolie Pitt.

The Hollywood star, who is currently in Cambodia filming her latest movie, will serve as president of the festival's honorary committee, organizers said.

The festival held in the capital, Phnom Penh, runs Dec. 4-10 and is screening 130 films from 34 countries.

"Cambodia's rich history, long culture and talented people mean it has a huge amount to offer the region and the world," Jolie Pitt said in a statement issued Tuesday by the festival. "I'm proud to support the Cambodia International Film Festival and Cambodia as a home for vibrant and innovative filmmaking."

Festival adviser Cedric Eloy, head of the Cambodian Film



Angelina Jolie Pitt, UN High Commissioner for Refugees special envoy and co-founder of the Preventing Sexual Violence Initiative, visits Jan Mai Kaung refugee camp in Myanmar. HKUN LAT/THE ASSOCIATED PRESS

Commission, said Jolie Pitt's role would provide moral support and help "bring attention to the rebirth of the Cambodian film industry."

Cambodia's film industry was devastated by the murderous reign of the Khmer Rouge in

the 1970s.

Jolie Pitt is currently filming an adaptation of a Khmer Rouge biography, First They Killed My Father, based on a 2000 memoir by Cambodian author and human rights activist Luong Ung. THE ASSOCIATED PRESS

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SHOPPERS
DRUG MART





What they're asking

Single-family homes are becoming harder to find, especially in the larger markets. Condos fill the need for growing cities, but if you want to start a family, there's nothing like a backyard. A two-bedroom house is a modest size for a growing family — here is a selection of unique homes on the market this week.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$699,900

Halifax

For sale is this unique oceanfront home at 6779 Margarets Bay Rd., with commercial opportunities. The contemporary home was custom-built with a massive front deck and towering windows overlooking St. Margaret's Bay. The spacious birch kitchen opens out to the great room with soaring ceilings, a gas fireplace and floor-to-ceiling windows. The downstairs offers almost 2,000 sq. ft. of potential living space. Listing agent is Thomas Bagogloo from the Bagogloo Team, RE/Max nova, 902-830-9006.



\$679,900

Toronto

Here's a semi-detached home in Leslieville with two-car parking and overlooking Greenwood Park. The renovated kitchen has concrete counters and the living space features a fireplace and exposed brick. There's an updated main bathroom, finished basement with recreation room and a three-piece bath. The property features a private drive and garage with a patio and gardens. Listing agent Audrey Azad is with RE/Max Hallmark Realty, 416-699-9292.



\$650,000

Ottawa

This home in Lindenlea is zoned commercial with three units in total: Two large residential apartments and one commercial space is included. The building exterior is brick with wood shingles on a 27' x 65' lot. Listing agent Paul Jackson says this is a rare opportunity to own one of New Edinburgh's most iconic properties. Jackson is a sales representative with Royal LePage Performance Realty, 613-238-2801.



\$459,900

Calgary

This former bungalow show home includes upgrades such as vaulted ceilings, built-in cabinets and a three-sided fireplace. The main floor offers a good-sized kitchen with an island, pantry and nook. The master bedroom has a full en suite with soaker tub and walk-in closet. It's close to green spaces, shopping, schools and transit. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-08374.



\$1,449,000

Vancouver

This cute single-family home is located on the Main Street corridor with a 4,000-sq.-ft. building lot, offering lots of potential for new construction. With a walk score of 75 and a bike score of 100, it's only two blocks to Queen Elizabeth Park and one block to Cartier Park. The location is close to all the Main Street amenities. Listing agents Shawn Anderson and Michael Rampf are with RE/Max Crest Westside, 778-229-6461.



\$365,000

Edmonton

Here's a half-duplex for sale in Sherwood Park. The main floor has a two-piece washroom. The great room has a built-in TV cabinet above a gas fireplace. The kitchen has dark cabinets with tile backsplash. There's a fully fenced backyard with gas barbecue hookup. Two large master bedrooms each have walk-in closet and four-piece en suite. Sara MacLennan is a sales representative with Liv Real Estate, 780-486-8655.



\$699,900

Winnipeg

This architecturally designed and custom-built residence in St. Andrews has a main-floor great room with panoramic river views, a dining room with river and garden views, and birch floors. The eat-in kitchen has a breakfast nook and gas cooking range. There's a main floor powder room and four-piece bathroom and interior access to the three-car garage. Kenneth Clark is a sales representative with Realty Executives Premiere, 204-957-1007.

Deck the tree



Karl Lohnes
For Metro Canada

The Christmas tree is the focal point of your home for the next few weeks. Just as friends cast judgment on your outdated throw pillows or wall colour, the tree will also come under scrutiny — so get it right.

Hunting for this season's best artificial Christmas tree, I found the perfect one from Canadian Tire. Here's a few of their best holiday tree-trimming accessories and some rules to ensure a fabulous centrepiece to your home this season.

Colour trends
Look for the three big trends this year: layers of blue, warm metallic colours, and grey tones. Each colour helps to create a different mood when decorating: Blues

Each colour helps to create a different mood when decorating: Blues

give off a retro vibe when teamed with red and white; gold and bronze give off a luxe appeal when mixed with other warm metallic tones like copper; and, grey creates a sophisticated look when silver, black and berry colours are added.

Accessorize the tree with creativity

At the top of the tree, consider something fun like a black top hat and red scarf or a set of decorative resin deer antlers. Under the tree create some luxury for those gifts by laying a faux fur throw, or crumple a set of vintage velvet drapes. Who knows what you might find lying under the tree on Christmas morning?

Best artificial tree: Canvas Oxford Liberty Pre-Lit Pine Christmas Tree, 9 ft., \$580, CanadianTire.ca



Blue
Layering many tones of blue ornaments will give you a visually simple but interesting scheme.

1 Canvas Arctic Teal Wide Glass Finial Ornament, \$5
2 Canvas Arctic Teal Peacock Ball Ornament, \$4.50

Gold
All tones of gold help to create a luxe look on the tree this year.

3 Canvas Gold Spike Ball Ornament, \$5.50
4 Canvas Gold Glass Peanut Ornament (set of 3), \$4.50



Grey

Mix with silver and black to create a sophisticated look.

5 NOMA Distressed Glass Lighting (10-set), \$17
6 Canvas Silver Flower Patterned Glass Ball Ornament, \$5
7 Canvas Silver Metal Penguin Ornament, \$3

QUICK TIPS

How many ornaments should I hang on a seven-foot tree?

250 ornaments (35 ornaments per linear foot of height is a general rule).

What should I look for in an artificial tree?

Look for trees that are realistic in colour, have at least two different style of branches, are pre-lit with an adequate amount of warm-white lights, and that the trunk is covered to have a natural bark look.

How many lights should adorn a seven-foot Christmas tree?

700 lights (100 lights per linear foot of height).

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Black Friday deals start early

SHOPPING TIPS

Online and in-store deals may already be available

Tanya Enberg

Slashed prices on electronics, clothing and sports gear top the lists of many Canadian Black Friday shoppers — and it's becoming easier than ever before to snag the best deals available, say the pros.

"Stay social," advises Satish Kanwar, director of product for the e-commerce site, Shopify, used by more than 175,000 merchants across the globe.

"Your friends love posting about great Black Friday deals just as much as stores do. Lots of online stores also allow users to share their shopping experiences directly from the site, or tweet out must-have items. Shoppers should monitor their newsfeeds and timelines to make sure they're not missing out on any great deals."

Sharon Giraud, a business consultant in Mississauga, Ont., is a savvy Black Friday devotee. Among the goods she will be watching for is software, clothing, tech gadgets and cooking items.

"I check online and in store in advance to see what the prices are," says Giraud, 49, who prefers shopping virtu-



Black Friday has become the unofficial start of the holiday shopping season, with thousands of Canadians taking advantage of online and in-store sales. SHUTTERSTOCK

ally to avoid in-store crowds.

"You can often jump online at midnight and get the deals before stores even open. If it's something like shoes or clothing, I try it on in advance so I am certain the sizing is right."

Additionally, Giraud makes a habit of asking staff at the stores where she shops about future markdowns, especially as a number of businesses start cutting prices before the arrival of Black Friday.

Striking early is smart move, agrees Kanwar.

"More and more, retailers are offering sales in advance

of Black Friday to ramp up excitement for one of the busiest days of the year," he says.

"Be sure to keep an eye out for the inevitable early sales."

Diane J. Brisebois, president and CEO of the Retail Council of Canada, says homegrown merchants are stepping up their online game, and Canadians are taking notice.

"What we heard from the great majority of retailers who were active in promoting Black Friday (last year) was about the growth in online shopping," Brisebois says.

"They were shocked — it

was double digits."

Brisebois points out that more merchants are setting up virtual stores, resulting in a highly competitive atmosphere and boosting interest among buyers looking for value from the comfort of their own homes.

Rooted in the U.S., Black Friday is still a relatively new concept in Canada. It first began appearing here in 2008, and the idea is gaining momentum with some consumers.

It is now considered one of Canada's biggest shopping days of the year, with tech items in

BEFORE HEADING OUT

- Make a list
- When cross-border shopping, calculate exchange rates and shipping costs before ordering
- Understand the currency being used online
- Take advantage of promo codes
- Shop with retailers you know and trust
- Research the return policy. Policies can range from store-only credit to full refunds or a final sale with no refunds

the highest demand, as well as other pricier fare, such as parkas, footwear, jewelry, skates and ski equipment.

Brisebois says that Black Friday is "becoming the kick off" for holiday shopping, however stresses that it is easy to get swept up in the consumer hype and lose sight of one's budget.

"To some people it's the high, the excitement — it gets crazy, it gets busy," says Brisebois.

"There's a lot of buzz, but always be careful that you're buying what you need and what you're going to enjoy. This is no different than trying to put your list together for the holidays — stick to your list."

Brisebois suggests setting a budget, shopping around, downloading apps to price compare, paying with debit, and only using credit if the card provides real benefits.

Meantime, Kanwar says that loyalty pays off with favourable early-bird discounts and insider news.

"You're probably also on a few stores' email lists already from past purchases — and it's likely they will tell you first about their upcoming discounts or deals," he notes.

"One of the most widely used tactics for online stores is email marketing.

Subscribers can gauge which retailers will offer them the most value and best discounts by joining mailing lists well before Black Friday."

45%

According to a survey by Mintel, 45% of Canadians believe buying the appropriate gift, regardless of cost, is important, while 30% value sticking to a holiday budget. The survey also revealed that 55% watch for ads promoting in-store holiday deals, 47% search out online sales ads, 44% use coupons and 40% rely on social media platforms for discount information.

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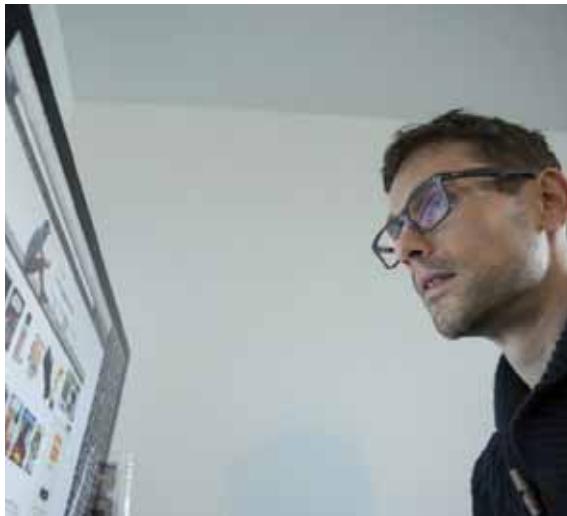
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BRAVE THE MALLS OR VENTURE ONLINE: THESE CANADIANS ARE POISED TO FIND A STEAL



Kelly Chan, savvy shopper out to snatch up a deal no matter what. THOMAS BOLLMAN



Pat Farley finds unique items on websites like Etsy. JUSTIN TANG

A tale of two shoppers

MALL SHOPPER

If shopping were a sport, Kelly Chan would be an Olympian. And Black Friday would be her Olympics.

Chan, 22, heads south of the border for Black Friday, where shoppers get pushed, shoved and kicked over sale items. This year, though, she'll be staying in Toronto.

One time, she found a Free People cardigan that was discounted from US\$200 to US\$120. When she picked it up, another woman — who Chan says wouldn't have fit into the cardigan — claimed it was hers, and a pulling match ensued.

Chan's friend stepped in to help. "We tugged it away from her — she was screaming and cursing," she said. "It was a victory for me."

This year, she won't be driving south of the border, in part because she has an exam on Black Friday. "I think in a way shopping in Toronto is more relaxing because I find people are less competitive," she said. That, in turn, makes shopping a better overall experience.

The biggest benefit, though, is if she changes her mind about an item she bought during the excitement of a Black Friday sale, she can return or exchange it. "Shopping in another country doesn't allow that," said Chan.

Also, many Canadian-based retailers offer all-day (or, in some cases, all-weekend) shipping as an added bonus to customers, she said.

New this year, the Retail

Council of Canada is promoting local, independent businesses on the Saturday following Black Friday: Shopin Saturday. That provides more shopping options for those who don't want to wait in long line-ups or fight the crowds.

Regardless of where you shop, Black Friday requires a strategy, "especially in the States where people are crazy and you can actually die from being trampled up," said Chan. "It's nothing like Boxing Day here. In the States, you will get punched, you will get hit, you will get yelled at."

It doesn't faze her anymore, though. "I'm accustomed to it — I'm just as aggressive as an American now," said Chan, a Torontonian who is studying international business management at Seneca College and works part-time as a bank customer service representative.

One of her best finds over the years was a navy Michael Kors pea coat, which she snapped up for US\$84.99, from US\$365. This year she wants to replace her first-generation iPad. "I do have my eyes on Best Buy and The Source over the coming Black Friday to see if [the price] will go down," she said.

After monitoring websites and putting together a shopping "blueprint," Chan is ready for Black Friday. In the past, she would drive to Walden Galleria Mall in Buffalo, leaving Toronto around 4 a.m. to make it to Macy's in time for the 6 a.m. door-opening.

There's no time to try anything on. "On Black Friday I just pick it up and go," she said. "Not all stores even let you try things on."

CYBER SHOPPER

Pat Farley buys almost everything online. He still pops into stores to browse and do his research, but then he goes home and flips on the computer to make his purchases.

So when it comes to Cyber Monday shopping, he's prepared.

"I used to go with a bunch of friends Stateside and do it that way," says the 33-year-old senior graphic designer at Giant Tiger in Ottawa. "Then we all grew up and got day jobs and can't do that anymore, so that's how I got into the online stuff. And I like the whole scavenger-hunt feel to it."

Over the years, he's picked up some good deals online, such as a Dyson vacuum for \$110 with shipping (worth about \$350). He also snagged a coat from Roots where he saved 75 per cent off the original price.

But for Farley, it's not just about price — although that's a big factor. "The stores in Ottawa, it's all the same kind of stuff," he says. "If you go online you tend to find really cool stuff, especially if you go on Etsy. You get stuff that's one of a kind and other people don't have."

But, like a physical mall, it's first-come, first-served, and there are online door-crashers. So Cyber Monday shopping means a midnight shopping spree — except with a cup of coffee in hand, in the comfort of pajamas.

Retailers participating in Cyber Monday distribute flyers about a week in advance, so you can do your research and find out if you'd actually be getting a

good deal, says Farley. The best deals, like electronics, tend to get snapped up in the first hour. "It's a virtual lineup," he says. "If you're really interested in something, make sure you're logged in, you're in your account, you're ready to grab the item, put it in your cart and check out."

Even if an item is in your virtual shopping cart, it's not yours until you've paid for it. "That's the only thing I don't like — if [you're shopping] in person you have it in your hands," Farley observes. "When it's online, it's not yours until you actually go through the transaction."

He recommends setting up an account in advance (if you don't already have one) with your payment information. Then "it's pretty much click, click, click and you're done."

The advantage of online shopping, though, is that he can shop anywhere. The night before, Farley logs into his accounts at around 11:50 p.m., so when the clock hits midnight he's ready to start shopping.

It all goes down in 30 minutes to an hour. After half an hour, the most coveted items are usually gone. "You need to narrow it down to a small amount of things you want," he says, "or you're going to end up losing all of it." **VAWN HIMMELSBACH**



Pat Farley. JUSTIN TANG

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The Body Shop	PINK
Bootlegger	Ricki's
Charm Diamond Centre	Rockport
The Children's Place	Rogers
Cleo	Roots
Crescent Gold & Diamonds	Spencer's
Dynamite	Sunglass Hut
Fido	Things Engraved
Gap/Gap Kids	Tip Top Tailors
Garage	Victoria's Secret
Gymboree	Halifax Watch Company

* Bonus \$20 gift card with the purchase of a \$100 Halifax Shopping Centre gift card. First 100 visitors between 8-9:30am. Offer valid on Saturday, November 28 only. One per person. Must be age of majority. ** At participating stores only. Certain conditions and restrictions may apply.

HALIFAX SHOPPING CENTRE

Hot tech deals for Black Friday



Marc Saltzman

Tis the season to buy tech toys, whether it's to gift over the holidays or treat yourself to something you've had your eye on.

Retailers are looking to spur sales on "Black Friday" — which takes place on Nov. 27 — including advertised discounts on many consumer electronics products.

"The popularity of Black Friday shopping continues to grow and each year Canadian retailers are responding with enticing promotions," says Jason Anderson, senior vice president of Marketing at Cadillac Fairview. "Electronics are among the top-selling items within our properties, so the deals are there, and savvy shoppers are taking advantage of the savings."

"On such a busy shopping day, consumers need to be strategic, test, scout and do product research ahead of time so they can identify what they want and where to get it quickly especially when it comes to the hottest tech products that are sure to fly off the shelves," suggests Anderson.

Look no further than below for a glimpse into some of the best Black Friday deals on gadgets, gear, and games.

Toshiba 55-Inch 1080p 60Hz LED TV (55L310U)
Regular price: \$699.99
Black Friday price: \$499.99
Retailer: Best Buy

If you've been saving up to treat yourself to a big-screen TV, Best Buy is offering a 55-inch Toshiba LED TV (model #55L310U) for \$200 off the sticker price — and throwing in one year of Geek Squad 24/7 online support, should you need it.

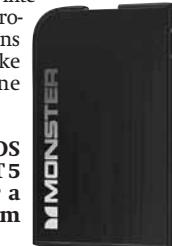
This 1080p HD television enjoys LED backlighting, 60Hz refresh rate and a 1000:1 contrast ratio for deep blacks and more vibrant colours. Along with the twin 8-watt speakers, this television features DTS TruSurround for a more immersive sound experience in your TV shows, movies, games and sports.

Monster iSport Bluetooth Wireless In-Ear Headphones
Regular price: \$119.99
Black Friday price: \$59.99
Retailer: The Source

Active types will tell you four problems with the earbuds that ship with your smartphone: the audio quality is less than desirable; they're not sweat-resistant; the cord gets tangled up; and they fall out of your ears too easily.

Instead, the Monster iSport Bluetooth Wireless In-Ear Headphones resolves all of those issues: they offer superior sound; they're sweat-resistant; they wireless connect with your smartphone; and they're designed to stay in your ears comfortably and securely. An integrated microphone means you can take a call if one comes in.

Canon EOS Rebel T5 Camera w/18-55mm IS III Lens



Regular price: \$499.99
Black Friday Price: \$329.99
Retailer: eBay (eBay.ca/BlackFriday)

Don't take lousy photos with your smartphone when you can capture life's memories in much better quality. eBay has a Black Friday sale on the Canon Rebel T5 for up to 58 per cent off. Ideal for amateurs and hobbyists, this digital Single

Lens Reflex (dSLR) camera includes an EF-S 18-55 millimeter lens for you to capture dazzling photos and shoot HD movies right out of the box.

iRobot Roomba Vacuum Cleaning Robot (780)
Regular price: \$699.99
Black Friday price: \$449.99
Retailer: Best Buy

Who wouldn't want their home vacuumed by a robot? Especially if you can just "set it and forget it" — to borrow the quote from infomercial

guru Ron Popeil. On sale for \$250 off the usual price at Best Buy, the iRobot Roomba 780 can move about your floors to suck up 98 per cent of dirt, crumbs and pet hair off carpet, hardwood, tile or laminate. Simply plug in the iRobot to charge it up, turn it on and let it navigate around your space to do its job — unless you want to use the bundled remote to take control.

Fitbit Charge HR Fitness Tracker

Regular price: \$179.99
Black Friday price: \$149.99
Retailer: Multiple stores

If your New Year's Resolution is to get rid of that spare tire once and for all, the Fitbit Charge HR Fitness Tracker might just be the motivator you need — and it's available for \$30 off at multiple retailers on Black Friday (an exclusive blue model is on sale at Best Buy only from Nov. 27 through 30). This wrist-mounted bracelet lets you set a daily goal — such as a certain number of steps taken, distance traveled or calories burned — and the lightweight and water-resistant wristband will keep track of your daily progress. As the name suggests, the Fitbit Charge HR can also read your heart rate.



Along with info on the screen, this Fitbit also wirelessly syncs with your phone or tablet.

Acer Iconia 7-Inch Tablet (16GB)

Regular price: \$109.99
Black Friday price: \$89.99
Retailer: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-based Acer Iconia, a 7-inch white tablet available at The Source for \$20 off the regular price. Fast and light, and with a high-resolution display (1280 x 800 resolution), this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories.

Lindt
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Go to www.lindt.com for store hours.

Halifax 277 Lacewood Drive

*Discount applied to regularly priced merchandise only. Offer valid while supplies last. Product selection may vary by store. See in store for additional sale details. Some exceptions apply. Cannot be combined with any other offer or promotion. **Before taxes.

TECH HELP

Deal hunting? Apps for that

"Tis the season for gift-giving, so why should you spend more than you need to?

Whether you're shopping for family, friends or colleagues (or hey, even yourself), your smartphone can be an invaluable companion as you wander the aisles at your favourite retailer or shop online (or a bit of both).

In fact, a number of free apps can help you save cash by telling you if what you're about to buy is a good deal or not.

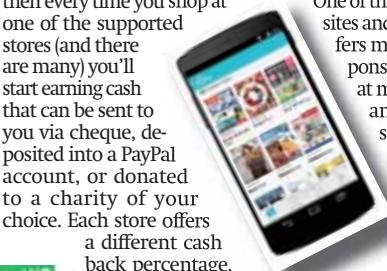
Flipp

You know those flyers you receive at your door each week? Consider Flipp a much better way to flip through all of them — and with no mess to clean up afterwards. Available for smartphones and tablets, simply use your fingertips to browse stores near you or select what retailers matter to you — whether it's an electronics store, clothing chain, home decor outlet, and so on — and you'll be able to see the latest flyers that showcase new products and sales. Clip favourites, see (and use) coupons, press and hold on a product to read reviews, add items to

your shopping list, see discounted items only, and much more. Flipp also works for buying groceries all year round.

Ebates

Why just save money when you can make money? That's the idea behind the free Ebates app, which pays members cash back every time they shop online through participating retailers.



eBay/Kijiji
Don't forget about on-

line marketplaces, such as eBay, with a newly-updated app for iOS, Android and Windows. Despite its 'online garage sale' vibe when it first launched, most goods on eBay are brand new, says the company. And you don't have to bid on items if you're not into auctions, as many items can be purchased outright. If you prefer to buy local and with cash (and avoid shipping charges altogether), try visiting classifieds sites via an app or browser, such as Kijiji and Craigslist.

RetailMeNot

One of the most popular coupon sites and apps, RetailMeNot offers more than 500,000 coupons that can be redeemed at more than 50,000 brick-and-mortar and online stores in North America — so chances are you'll find what you're looking for after typing in a product name in the search window.

For instance, there was a coupon code to buy the Roku Streaming Stick for \$20 lower than the regular sticker price and 25 per cent off Roots clothing. Each coupon shows you when it was used last, user comments, and more. Also consider apps from Shop.ca, Checkout 51, InstaCoupons, and ShopToIt.

MARC SALTZMAN

Fine-tune your holiday decor



Andrea Janus

The holidays are almost upon us, and it's about that time to drag the decorations out of the attic and start making the house look a little more festive.

But to avoid going full-on Clark Griswold with lights that will strain the local power station and more kitschy bric-a-brac than a dollar store, consider these tips from interior designer William MacDonald of WillMac Design.

First things first. "Don't go overboard," he says. "If you think you have too much, you do."

Many people make the mistake of overloading one room: piling up the sideboard, mantelpiece and end tables with decorations.

"Spread the love around



2

the house," MacDonald advises. Even if you're decorating from the same box of ornaments you've had for decades, spread those tchotchkes around the house, including the powder room or the front hall.

The best way to avoid going overboard, though, is to pick a theme, which could be a motif (snowflakes or reindeer) or a colour, then build your decor around that.

Look for inspiration anywhere, even months before Christmas on your summer holiday.

MacDonald found a starfish on the East Coast one year, and the following Christmas the star was his holiday motif. Once you decide on a theme, it isn't necessary to spend a lot of money,



6

"I'm a strong believer in going to your fridge first," MacDonald says.

Otherwise, invest in a good-quality artificial gar-

land to keep in your holiday kit that you can use year after year. Drape it over the mantel, along a staircase or down the middle of your holiday table.

Every year you can accessorize it differently based on your chosen theme, MacDonald says.

Party Prep

Once the house is decorated and you're ready to entertain, MacDonald advises bringing in some key items that you will likely reuse throughout the year.

A bar cart will always come in handy during the holidays for smaller parties, and makes for easy entertaining year-round.

But for a larger guest list, use a sideboard or rent a large table and set out all the fixings, MacDonald recommends.

And always be prepared for surprise visitors by having a low-sided basket full of nuts, candies and cocktail napkins underneath or inside the coffee table.

When friends pop by unexpectedly for a holiday libation, "You just bring that up and put it in on the coffee table and say, 'let me get you a glass of wine,'" MacDonald says.

"Just like you were expecting them to pop by." And always have another basket of toiletries and a set of towels and linens ready for visitors who may not be ready to leave until the next morning.

1 Gold berry wreath, \$29, Walmart, walmart.ca.

2 Gold and ivory animal silhouette pillow, \$39.50, Indigo stores, chapters.indigo.ca.

3 Wood reindeer vase, tall, \$39.95, Indigo stores, chapters.indigo.ca.

4 Washed jewel tone votive cup, \$19 each, Pottery Barn, potterybarn.com.

5 Tilt bowls, sml: \$14.96, med: \$16.95 and lrg: \$69.95, Crate and Barrel, crateandbarrel.com.

6 Barware set, \$19.96, Walmart, walmart.ca.

7 Terrace bar cart, \$479, West Elm, westelm.com.



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Holiday party prep time is here

HOST WITH THE MOST

You've decided to hold a party this year: now what?

Astrid Van Den Broek

Every year you've wanted to host a holiday party but every year things have been too crazy. But now that you've settled on hosting one and you have a date picked, where do you go from here?

SEND INVITES OUT

Nancy Zaretsky, founder and head stylist of Toronto's My Perfect Party Inc., recommends getting those invitations out as soon as possible.

Once you've set the date and invites are in the mail, give some thought as to the type of party you'd like. A casual one? A formal affair? Where are you going to host it? In your home or somewhere else?

THINK THEME

Zaretsky says themed parties are the trend these days in pulling together holiday affairs.

"So it's beyond just a colour scheme," she said. "Now people do things like an Ugly Sweater Party or a movie theme or something specific like that. It really makes the party a bit more fun." It also makes party planning easier, since all your foods and



Think about what type of party you'd like, such as casual, formal or themed. SHUTTERSTOCK

decor can be wrapped around this idea.

Themed parties also lure guests to your gathering. "So if they have to wear something specific or do something for the event, it's more of a unique event for attendees and can attract people to your parties," said Zaretsky.

THE DAY OF

Work ahead and have everything prepared so that you, too, as the host, can enjoy the party and aren't spending all your time in the kitchen. "Prepare a light menu beforehand with something easy that you've done before," suggested Zaretsky.

"This isn't the time to start a new recipe or use one that's challenging." Prep work also means prep ping for mid-party replacements: think appetizers on platters that are ready to go, plenty of extra ice stashed in a

cooler or freezer and bowls of garnishes for drinks and appetizers also standing waiting. Better yet, when you're planning the party, opt for self-serve dishes that require minimal maintenance on your part.

SET UP A TAKEAWAY

End your party with a sweet touch in the form of a sweet or dessert table, popcorn bars or candy stand.

Think self-serve so again you're not waiting at the door handing everything out. You could even give away your leftovers if you arm your guests with unique, small containers to take food home with them. (Hint: Be sure to put a sign up at the station telling guests to feel free to fill the container up and take it home with them.)

"Anything small that's personalized is really nice and people really love that," said Zaretsky.

Commit to Local for the Holidays

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metro SPORTS

Seattle Seahawks running back Marshawn Lynch will miss 3-4 weeks after undergoing surgery to repair an injury related to a sports hernia

Coaches keep players' focus on the grand prize

103RD GREY CUP

Redblacks, Eskimos prepare for title match

They're different personalities, but Rick Campbell and Chris Jones are taking similar approaches to preparing their teams for the Grey Cup game.

The two will make their Grey Cup head coaching debuts Sunday when the Ottawa Redblacks meet in Winnipeg. On Wednesday at the annual Grey Cup coaches news conference, Campbell and Jones said they've told their players to enjoy this week but not lose sight of why they're here.

"If you win the Grey Cup, you're a Grey Cup champion forever and you'll remember it forever so that's where you want the focus to be," said Campbell, in his second season at Ottawa's head coach. "We're not going to discourage our guys from interacting with fans and enjoying the process but it's got to be about football."

Jones's message was much more direct.

"You assume when you're young that a lot of things are going to happen over and over and over," the Tennessee native said with a noticeable southern drawl. "There's no guarantee



Henry Burris and the Redblacks lined up at Investors Group Field on Wednesday afternoon for practice. JOHN WOODS/THE CANADIAN PRESS

that you'll ever be back.

"We flew in on a plane and that plane's going out so if you act the wrong way (you'll be on that flight out of Winnipeg)."

It's no accident Edmonton and Ottawa are in the CFL title game. Both teams finished atop their respective divisions under their second-year head coaches.

After winning just two games



Ottawa's Rick Campbell and Edmonton's Chris Jones
THE CANADIAN PRESS

in their inaugural season, the Redblacks topped the East Division with a 12-6 season and put an Ottawa-based team into the Grey Cup for the first time since 1981 with a thrilling 35-28 conference final win over the Hamilton Tiger-Cats on Sunday. Edmonton finished tied with Calgary for the CFL's best record at 14-4 but got first by winning



Big-game vets

Campbell and Jones are in their first Grey Cup game as head coaches, but both have been here before as assistants. Campbell is making his fourth appearance while Jones is in his sixth CFL championship contest. Campbell has won twice, Jones three times.

the season series with the Stampeders, then dispatched the defending league champion 45-31 in the West conference finale.

Appropriately, Campbell and Jones are finalists for the CFL's coach of the year honour.

Campbell and Jones will also field very similar teams Sunday: strong offences anchored by veteran quarterbacks and rugged, pressure defences. Ottawa quarterback Henry Burris, 40, is a finalist for the CFL's outstanding player award after passing for a league-high 5,703 yards while Edmonton is a stellar 9-0 since starter Mike Reilly returned under centre. THE CANADIAN PRESS

SEX

Campbell just fine with his players scoring off-field

Rick Campbell isn't about to mess with success.

The Ottawa head coach said if scoring off the football field helped his team get to the Grey Cup, he's fine with his players getting lucky this week as the Redblacks prepare to face the Edmonton Eskimos on Sunday in the CFL title game.

Campbell, in his first CFL championship contest as a head coach, offered a brilliant answer when asked the traditional question about pre-game sex at the annual Grey Cup coaches news conference Wednesday.

"It's my job to put guys in the best position to have success, whether that's on or off the field," Campbell said with a straight face. "So I guess I'm going to give advice more than a policy."

"This would probably apply to most of our players and coaches and it mirrors our football team is that the odds aren't good and no one gave you much of a chance but if you pay attention to detail and you execute and you do it with zest and enthusiasm, anything can happen."

Campbell's deft answer left Edmonton head coach Chris Jones almost speechless.

"How do you top that?" he asked.

THE CANADIAN PRESS

CIS FOOTBALL

Coaching veteran Nill brings UBC to Vanier Cup in first year

Blake Nill is no stranger to Quebec City.

The longtime Canadian university football coach will play a championship game at Laval University's Telus Stadium for the fourth time since 2009 when his sixth-ranked UBC Thunderbirds take on the fourth-ranked University of Montreal Carabins in the Vanier Cup game.

"I've always enjoyed playing in Quebec City," Nill said Wednesday at a news conference. "I'd rather play in Quebec City where there's passion for

football than play somewhere where there's not."

When Laval won the bid to be host of the CIS championship game it was thought its powerhouse team, the Rouge et Or, would be playing for an eighth national title.

Instead, the Carabins upset Laval in the Quebec Conference championship and coach Danny Maciocia's squad will be gun-

ning for a second Vanier Cup title in a row, after beating McMaster on home turf last year.

About 11,000 tickets had been sold as of Wednesday and a crowd of about 13,000 is expected, down from the standing-room only throng of 18,543 when the Rouge et Or won at home in 2013 but still quite good for CIS football.

Nill, a two-time Vanier Cup

champion with St. Mary's in 2001 and 2002, made a surprise jump to UBC this season after nine years with the Calgary Dinos, who lost Vanier Cup games to Queen's and to Laval in 2010 and 2013, all at Telus Stadium.

That losing streak ended in a pre-season game on Aug. 29, when his Thunderbirds, who went 2-6 in 2014, trounced the Rouge et Or 41-16 in a pre-season game. UBC went on to go 6-2 in conference play, then beat 8-0 Calgary in the playoffs. THE CANADIAN PRESS



What they are is the most resilient group I've had.

Blake Nill



Blake Nill won a pair of Vanier Cup titles while with St. Mary's.
ANDREW VAUGHAN/THE CANADIAN PRESS

ALLEGED SHOOTING

Rams WR 'critical' after incident

Suspended St. Louis Rams wide receiver Stedman Bailey is in critical but stable condition after being shot Tuesday night, a person familiar with the situation told The Associated Press.

The Rams said in a statement they were "aware Stedman Bailey was involved in an incident" late Tuesday and that they had spoken with him. The person who spoke to the AP on condition of anonymity because details have not been released by the Rams and did not specify where the shooting took place.



He's in the hospital in critical, but stable, condition.

Rams' statement

Multiple reports said Bailey was in Miami Gardens, Florida, when he was shot. Bailey went to high school in the Miami area.

Stedman, who turned 25 on Nov. 11, was a third-round pick in the 2013 draft out of West Virginia, where he was part of a prolific wide receiving tandem with Tavon Austin, whom the Rams selected with the eighth overall pick that year.

"We are aware Stedman Bailey was involved in an incident," the Rams' statement said. "We have spoken with Stedman and he is in the hospital in critical, but stable, condition. We are gathering facts about the situation and will provide updates as we learn more." Bailey was suspended four games earlier this month for violating the NFL's substance abuse policy. He has two games remaining on the ban.

THE ASSOCIATED PRESS

PSG, Juventus and Atletico all progress

CHAMPIONS LEAGUE ROUNDUP

Ibrahimovic nets in special win against his first club

Zlatan Ibrahimovic celebrated his return to his first senior club with a goal as Paris Saint-Germain advanced to the knockout phase of the Champions League on Wednesday while Juventus claimed top spot to qualify from Group D with a 1-0 win over Manchester City.

Ibrahimovic played his first competitive club match at his hometown team Malmö since joining Ajax in 2001. He marked the occasion by netting PSG's third goal, with Laurent Blanc's players thrashing their Swedish opponents 5-0 in Group A.

"I lived a dream tonight, coming back," Ibrahimovic said. "On top of that I scored one. I'm very happy. Since the beginning, there's been a great relationship between Malmö's fans and me."

Bearing the slogan "Je suis Paris" (I am Paris) on their shirts in solidarity with the French capital following the Nov. 13 attacks, Paris Saint-Germain's players secured qualification for the knockout stages with ease. Aside from Ibrahimovic's goal An-



Zlatan Ibrahimovic began his career at Malmö and went on to score against during PSG's successful 5-0 visit to Sweden. JONATHAN NACKSTRAND/AFP/GETTY IMAGES



gel di Maria scored twice for PSG, while Adrien Rabiot and Lucas also made the scoresheet. Malmö came closest when captain Markus Rosenberg hit the post with a penalty.

A large crowd qualified before travelling to Ukraine, 10-time European champion Real Madrid conceded three goals in 12 minutes yet still came away

with a 4-3 win over Shakhtar Donetsk in the group's other match. Cristiano Ronaldo scored twice as Madrid made sure of finishing top.

In Group B, Manchester United was left frustrated by another lacklustre performance in a 0-0 draw against PSV Eindhoven at Old Trafford.

The group remains wide open and will be decided on the final day after Wolfsburg moved to the top of the standings with a 2-0 defeat of CSKA Moscow. Atletico secured its place in the next round with a 2-0 victory over Galatasaray in Group C and will travel to Benfica to decide first place in two weeks' time. Both teams

RESULTS

Group A

Malmö FF 0, Paris St G 5
Shaktar Donetsk 3, Real Madrid 4

Group B

Man Utd 0, PSV 0

CSKA 0, VfL Wolfsburg 2

Group C

FC Astana 2 Benfica 2

Atlet Madrid 2, Galatasaray 0

Group D

Juventus 1, Man City 0

B M'gladbach 4, Sevilla 2

have 10 points after Benfica recovered from a two-goal deficit to draw 2-2 at Astana.

THE ASSOCIATED PRESS



Warriors' Stephen Curry, with ball, drives to the basket against the LA Lakers on Tuesday. NOAH GRAHAM/NBAE VIA GETTY IMAGES

NBA

Ailing Kerr a catalyst for Dubs' record start



He emphasized how proud he was watching them.

GS interim coach Luke Walton
on coach Steve Kerr

Even though he hasn't been in his usual spot on the bench, ailing coach Steve Kerr has contributed plenty to Golden State's record start.

On Tuesday night, his defending champion Warriors routed the Los Angeles Lakers 111-77 to become the first team in NBA history to begin a season 16-0.

Hours earlier, Kerr offered his thoughts — then spent the game behind the scenes still recovering from a pair of back operations as interim coach Luke Walton led the squad to its latest win.

It hasn't been easy to be away as he heals. Kerr's message focused on Golden State's core values: Joy. Mindfulness. Compassion. Competition.

"He just reminded everybody, he put them up on the white board before we started shoot-around and he reminded the guys what those values were," Walton said. "He emphasized to them how proud he was watching them, because we're hitting all four of those values. The first one and the most important one is probably joy. He wants us having fun."

Kerr challenged this group to take it to another level this season and not settle for being the champs, acknowledging the Warriors will get everybody's best shot in every city and at home.

Golden State took that to

heart, determined to show that last season was no fluke for a championship-starved franchise that captured its first NBA crown in 40 years.

"It's boggling my mind what this whole team does," said former Warriors star Jason Richardson, who happened to be honoured on the record-setting evening. "You always wanted for this organization to be in this position." The Warriors surpassed the 15-0 starts by the 1948-49 Washington Capitols and 1993-94 Houston Rockets.

THE ASSOCIATED PRESS

HOCKEY

Two Nova Scotians make national hockey camps cut

Two Nova Scotians have made the cut for Team Canada's selection camps for the 2015 World Junior A Challenge this December.

Forward Makail Parker, 18, of Brooklyn, has been named to the Canada East camp roster. Forward Noah Bauld, also 18, and originally from Halifax, was named to the Canada West camp roster. Parker plays for the South Shore Lumberjacks in the Maritime Hockey League, while Bauld plays for the Lloydminster Bobcats of the Alberta

Junior Hockey League. Canada East camp is set for Dec. 6-9 in Etobicoke, while Canada West camp takes place Dec. 5-8 in Leduc, Hockey Canada announced Wednesday.

KRISTEN LIPSCOMBE/METRO

Habs reward Bergevin's efforts with extension

The Montreal Canadiens rewarded Marc Bergevin's efforts to make the Habs a Stanley Cup contender with a long-term contract extension.

The Canadiens announced Wednesday they signed their general manager and executive vice president to an extension through the end of the 2021-22 season. The Canadiens have made the playoffs in three straight seasons under Bergevin's watch, reaching the Eastern Conference final in 2013-14 and finishing second overall in the regular season before falling in the second round of playoffs last season.

Bergevin joined the Canadiens from the Chicago Blackhawks organization on May 2, 2012, taking over a team that had only 78 points in 2011-12 under Pierre Gauthier.

THE CANADIAN PRESS

RECIPE Zesty Chicken, Red Beans and Rice



PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

This hearty, crowd-pleaser is so perfect for a cold, fall night you may not mind so much that winter is coming. Well, maybe that's a stretch, but it's really delicious.

Ready in
Prep time: 60 minutes

Serves 4

Ingredients

- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions

1. Preheat the oven to 350 F.
2. On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture until well-coated.
3. In a large Dutch oven or oven proof pot, heat up the olive oil over medium high heat. Brown the chicken on both sides. Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.
4. Turn the heat down to medium and add the garlic, allow it to soften and become fragrant. Add your beans, tomatoes, stock, corn and rice. Stir. Break up the tomatoes with the back of a wooden spoon. Raise the heat again so that your mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

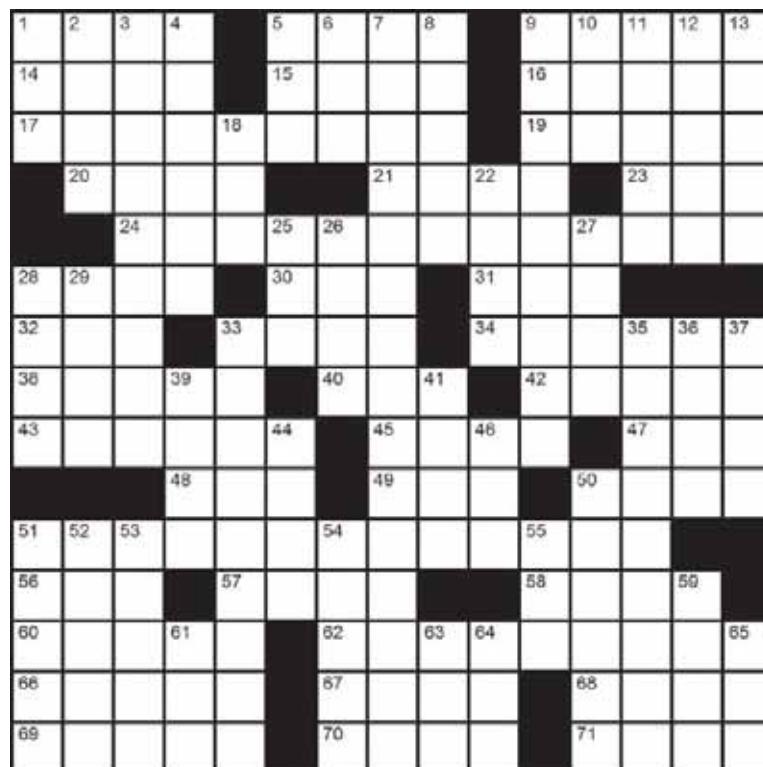
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BY KELLY ANN BUCHANAN

ACROSS

1. Noun modifiers [abbr.]
5. Aristocrat of India
9. Lazy _ (Kitchen cupboard upgrade)
14. Throw out
15. _-steven
16. "The Devil Wears _" (2006)
17. Staunch
18. Like a lotus position
20. "How silly _ _." (My bad)
21. Fertilizer component
23. Irish airline, with Lingus
24. Colour choice for a retro-style fridge: 3 wds.
28. Mr. Onassis, et al.
30. Tic-Tac-Toe win
31. Poet's 'atop'
32. Trend
33. _ 'n' Turf
34. Escargots: English
38. Commander played by Lorne Greene on "Battlestar Galactica"
40. U.S. airer of "The Walking Dead"
42. Faultfinder
43. Canadian bathroom tissue brand with the white kittens
45. Comply
47. "Law & Order: _ _"
48. Cleaning cloth
49. Vegas locale, briefly
50. Coffee table film
51. Specialty of Canadian tour operator
54. Transat A.T.: 2 wds.
56. "Am _ broth-er's keeper?"
57. Smudge
58. Mr. Thicke
60. Celebrity chef Mr. DiSpirito
62. Relaxingly reflects
66. Robin Hood's
67. Spring months
68. Eternities practically
69. "You Shook _ _ Night Long" by AC/DC
70. Primordial matter of outer space
71. Maple _



8. Cavern
9. Canada's CSIS or Britain's MI6, for example: 2 wds.
10. Prefix meaning 'Tail'
11. TV actress Katey
12. "Have a lovely voyage!"
13. Mother-of-pearl
18. Ms. Winger, to pals
22. Some might be inflated
25. Promissory note
26. A Doll's House wife
27. Donkey's call
28. Outlying
29. Swiss watch manufacturer
33. Item to put lettuce, cucumbers, dressing, etc. in: 2 wds.
35. One installing fibreglass
36. Ms. Tyler's
37. Rabbit-style tail
39. Great Big Sea's " _-Mac"
41. "Ten-four." sayer
44. Equal: French
46. Ms. Longoria
50. Canadian professional golfer, Graham _
51. Archie Comics character Mr. Lodge
52. Irish rebel Rory
53. Health club outfit material
54. Scrumptious
55. Tub
59. Reality star Ms. Leakes
61. Mil. officer
63. Tie- _
64. 'Ideal' suffix
65. N.W.'s opposite

DOWN

1. Sit-ups targets
2. _ _ death (Overuse)
3. Sgt. played by Dan Aykroyd in 1987's "Dragnet", a comedic take on the classic same-named crime

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Demand the best and you will get it. With the Sun moving through one of the most dynamic areas of your chart you only have to snap your fingers for others to come running.

Taurus April 21 - May 21
The pressure you're under may be intense but it's nothing you haven't experienced before and nothing you can't handle. In fact, you will make such a success of it that even your rivals will shower you with praise.

Gemini May 22 - June 21
There are a lot of changes in your world at the moment and some of them are a bit worrying. But no matter how great the upheavals may get you have nothing to fear.

Cancer June 22 - July 23
There is no limit to what you can do. Where work and money are concerned now is the time to push yourself. The effort will pay off.

Leo July 24 - Aug. 23
Romantically and creatively the sky is the limit. The Sun in Sagittarius endows you with massive self-confidence, to the extent that you believe that all things are possible — and your belief will make it a fact.

Virgo Aug. 24 - Sept. 23
Try not to let your emotions get the better of you, because once they start to unravel it's unlikely you will be able to stop them getting entirely out of hand. Whatever the problem is it's not worth getting upset about.

Libra Sept. 24 - Oct. 23
You will want to be on the move today. Realize that you will achieve more if you get out and about and meet as many new people as possible.

Scorpio Oct. 24 - Nov. 22
Know what you want and you know where to find it. If you do then there is a very good chance that you can make it your own. Above all Scorpio, don't listen to those who urge caution.

Sagittarius Nov. 23 - Dec. 21
The Sun in your sign means there is no holding you back. The only danger is that you could take on too many things and not be able to give your best to what is most important.

Capricorn Dec. 22 - Jan. 20
You are under no illusions about what needs to be done. You are smart enough to realize there are no shortcuts. What you're working on demands your full and undivided attention and your very best efforts.

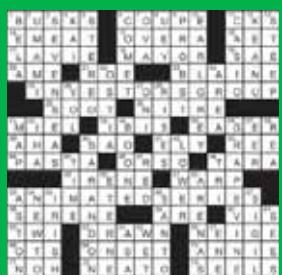
Aquarius Jan. 21 - Feb. 19
You will do something today that turns heads and gets tongues wagging — and you will love every moment of it. But don't neglect those who have stood by during the bad times. Give them some attention too.

Pisces Feb. 20 - March 20
You can take great strides on the work front. Very Important People will be on your side and very soon you could be a VIP yourself.

YESTERDAY'S ANSWERS

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HWY: 7.4L/100 KM
CITY: 10.4L/100 KM[†]



Sport 2.0T model shown[♦]

- AVAILABLE PANORAMIC SUNROOF
- AVAILABLE BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT
- AVAILABLE ADAPTIVE CRUISE CONTROL
- AVAILABLE FORWARD COLLISION WARNING

\$5,000
IN PRICE ADJUSTMENTS!^{†‡}
ON ALL SONATA MODELS

2016 ACCENT 4-DOOR GL



HWY: 6.3L/100 KM
CITY: 8.9L/100 KM[†]



4-Door GL model shown[♦]

- AUTOMATIC TRANSMISSION
- BLUETOOTH® HANDS-FREE PHONE SYSTEM
- AIR CONDITIONING
- HEATED FRONT SEATS

\$2,000 + 0%
IN PRICE ADJUSTMENTS!^{†‡}
FINANCING[†]
FOR 84 MONTHS

2016 SANTA FE SPORT

HWY: 9.7L/100 KM
CITY: 12.9L/100 KM[†]



2.0T Limited model shown[♦]

- 17" ALLOY WHEELS
- 4-WAY ADJUSTABLE DRIVER'S SEAT WITH 2-WAY POWER LUMBAR SUPPORT
- HEATED FRONT SEATS
- 40/20/40 SPLIT-FOLDING SECOND-ROW SEATS

\$2,000 + 0%
IN PRICE ADJUSTMENTS!^{†‡}
FINANCING[†]
FOR 84 MONTHS
ON ALL SANTA FE SPORT MODELS

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H-Factor

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HYUNDAI | NEW THINKING.
HYUNDAICanada.com NEW POSSIBILITIES.[†]



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**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty[†]
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty
5-year/Unlimited km 24 Hour Roadside Assistance

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